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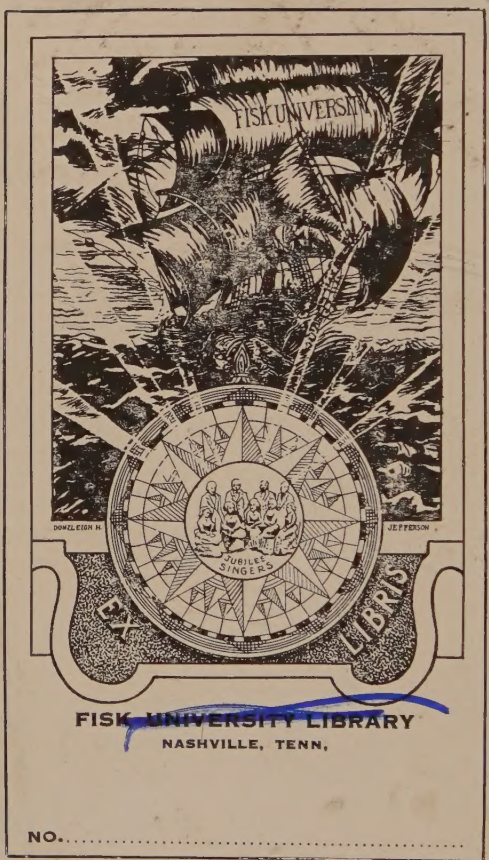
AMATEUR WRESTLING

L. C. CALLAGHER



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Amateur Wrestling

BY

PROF. E. C. GALLAGHER

DIRECTOR OF ATHLETICS
AND PHYSICAL EDUCATION

OKLAHOMA AGRICULTURE AND MECHANICAL
COLLEGE, STILLWATER, OKLA.

1925

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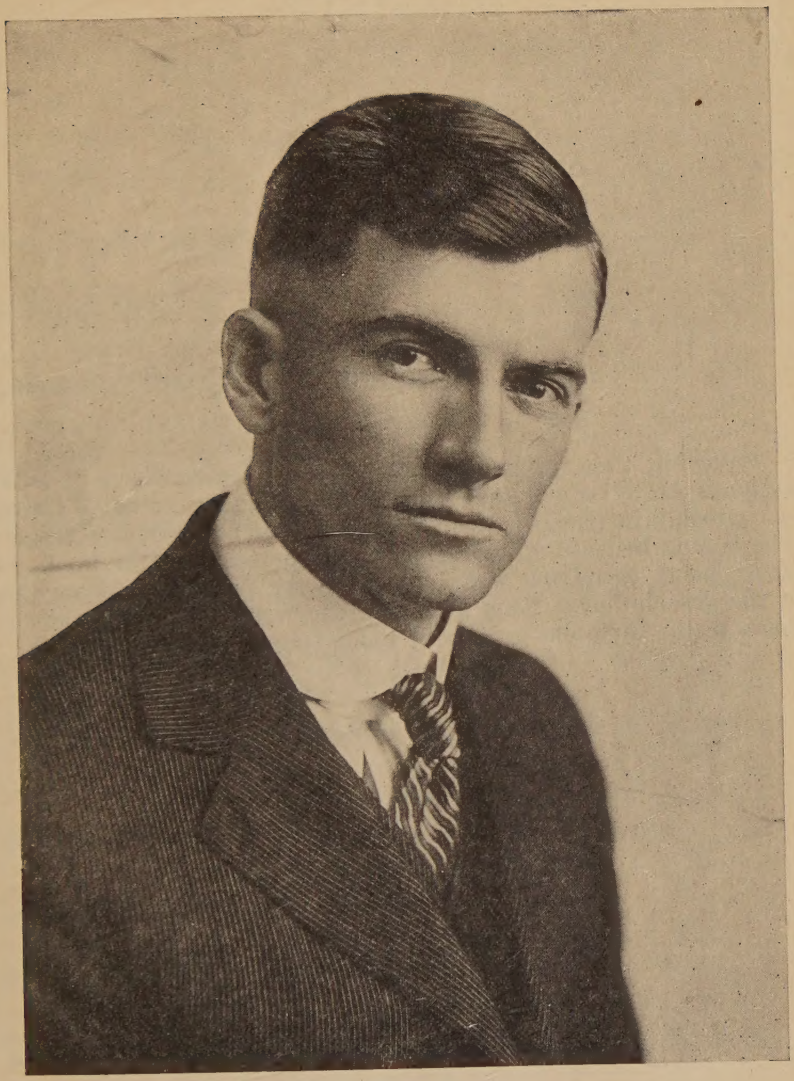

E. C. GALLAGHER

PREFACE.

Believing that individual sport has a greater place in Intercollegiate Athletics and that a man will get many valuable lessons from meeting in friendly competition another man equally as good as he is, and because my wife has asked me to write the book, has caused me to spend one year collecting the pictures and working out the descriptions. I am giving to the wrestling public the best I have in the different groups of holds trips locks and counters.

E. C. GALLAGHER.

A. & M. College, Stillwater, Okla.

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Left to right, Chas. Strack, Guy Lookabaugh, Lynn Reid.

ACKNOWLEDGEMENTS

Acknowledgement of appreciation is made to Guy Lookabaugh, Captain of the Oklahoma A. & M. College wrestling team; Winner of numerous championships including the Southwestern conference, Missoruri Valley and second place in U. S. National Tournament 1925; Member American Olympic team 1924; One of the most outstanding Amateur wrestlers of the U. S.

Charles Strack, National Champion of the U. S. 1924; runner up 1925; member of the American Olympic team 1924; Outstanding heavyweight and light heavyweight in the U. S. for the past four years.

Lynn Reid, Captain of the Oklahoma A. & M. College team 1924; Winner of numerous bouts.

These three men posed for the picture in this book. They present the best types in wrestling. One lithe intelligent aggressive and powerful, another intelligent and very clever but defensive type and the other intensively interested, intelligent and aggressive All of them exceptional sportmen and all wrestlers liked to work with.

INTRODUCTION.

Wrestling is a science, rather than a display of great muscular ability or effort. The proper combination of brain and brawn is necessary for success, particularly in amateur mat activities. Skill is 75 per cent of the required assets of a grapler brute strength 25 per cent. Moreover, the "will to win" and self confidence are all-important elements in the composition of a wrestler.

There, in brief you have the theory of Coach E. C. Gallagher, author of this book, in which he contributes to all wrestlers and prospective wrestlers, whether highschool boy, college man, athletic club member or professional campaigner, the things he has learned and developed.

Gallagher's theory has worked. Tests of ever-increasing scope and responsibility and combination have proved his theory successful. As a wrestling coach, he has been universally successful in the eleven years of his career devoted largely to the mat game. Year by year greater laurels have been won by his students and proteges, until, in 1925, his team of Oklahoma Agricultural and Mechanical college men won the national Amateur Athletic Union's championship, sweeping into a team title by an overwhelming margin of points.

Fourteen of the twenty-four men who placed among the medalists in the 1925 National A. A. U. tournament were products of Gallagher's training. Six of the eight national champions had learned the game under his guidance.

Gallagher's college teams have never had an unsuccessful season. Year upon year, since 1915, the start of his coaching, the Oklahoma Aggies have won consistently. In only two of those seasons have they failed to finish all-victorious schedules. Only three dual intercollegiate meets have been lost. Texas university won one in 1916, Nebraska university one in 1918 and Iowa State College one in 1918. In other years when they were met these teams were defeated.

Because of the consistent victories of his men in Southwest conference competition, Gallagher attained the popular title of

"dean of southwestern wrestling" several years ago. Now his ability as a coach has become nationally known.

All sorts of amateur competition has been entered by Gallagher's men. They have been victorious in Missouri Valley and Western conference meets, in districts and national trials in former years, and in 1924 two! of them were members of the United State Olympic team, which won the world's championship at the Paris games.

Gallagher's system, as well as his theory, is largely original. It is unique, in that it is like no other method employed.. In this book he divulges many secrets heretofore reserved for his own students..

More than half the holds, counters and breaks described in this book are products of Gallagher's ingenuity. In some instances, they are combinations of old and new methods. Many of them are purely the products of study given the subject by the author. As a system, Gallagher's methods are different.

In this book, Gallagher has followed the plan of positive statements. If the reader-student desires to obtain the best results from what he finds in the book, it is imperative that he believe wholeheartedly what he reads therein. Nothing of an untried nature has been included. There's no conjecture, but merely exposition of facts about the most important phases of preparation for success in wrestling. Not too much emphasis has been put upon detailed reasons. The "how" and not the "why" has been stressed.

Gallagher's students, who receive personal training by him, long ago learned to accept without doubt what the A. and M. College coach told them. That was their first step in success. Next came a familiarity with methods, gained by conscientious practice. To do this or that, in mat meneuvers, came later to be second nature for the student wrestlers. Lastly came the victory complex. After that only the polishing process remained.

If you are interested in becoming a successful wrestler, and can not be fortunate enough to get personal training in the classes Coach Gallagher conducts, the next best move is to follow carefully the plan of preparation outlined in his book.

The writer of this brief foreword has followed Gallagher's career as a wrestling coach, season by season, since 1915. It has

been his pleasant task to write for the newspapers of the middle-west—more recently of the nation—hundreds of stories of achievements by Gallagher's men. He has listened to the author's confidences and has heard whispered ambitions, things he has seen accomplished. Withal, he has observed the modesty with which Coach Gallagher has received acclaim, and has seen the unusual regard and reverence in which Gallagher's students hold him.

Therefore, there is a sincere pleasure for the writer in recommending to you this book, the product of Gallagher's experience and a contribution to wrestling—the clean, wholesome sort that rapidly is gaining in popularity in the nation.

RANDLE PERDUE,

Sports Correspondent.

CHAPTER I

HISTORY OF WRESTLING.

Wrestling is almost as man. As soon as men were present in any great numbers men vied with each other in strength combats something like wrestling matches. As the population increased and wars were being fought all kinds of strength tests were popular and men tried their tricks on each other. The waging of wars and the law of the survival of the fittest brought about this condition where men of the class who lacked intelligence in fighting fell first.

In battles it was learned that there were certain holds, trips and pries that would render your opponent at your mercy and these were developed as far as knowledge of the game would permit. The greatest sword fighters and ahnd-to-hand, fighters were no doubt men who had considerable skill in wrestling. We know that there has never been a great step taken in Physical Education and Athletics that was not a direct result of a demand from the military departments of the different countries. In times of peace wrestling was encouraged along with other forms of athletics and a different kind of holds developed.

It seems that merely a matter of physical supremacy kept men vieing with each other in strength and skill contests and kept the wrestling game progressing. Men would meet and try their skill in running, hopping, throwing the stone or performing feats of strength and showing their skill in wrestling other men. Each man added some knowledge to the game and it kept developing.

In studying the different forms of wrestling in their history of development it is well to consider the rules first. In the style practiced in Europe they had rules that would permit only of really good work with the hands, arms and back. Their rules were such that they did most of the wrestling with their arms. This developed the Graeco-Roman style which is still the leading variety in Europe.

In Japan the different organizations were developing an almost entirely different form of wrestling. Skill and knowledge of the trips were placed above mere strength and many good things about wrestling were developed. However the Japanese were in the habit of using such trip holds and counters that would render their opponent helpless. This being the case the Jui Jitsu the lead-

ing branch of Japanese wrestling has not quite met with the favor it would have met with if these holds had been left out. We think of Jui Jitsu as being a means of hurting an opponent and rendering him helpless. This is not entirely true and Jui Jitsu in the first grades is as wonderful series of trips holds and counters while in the advanced grades we find every known method of rendering our opponents helpless either by joint locking or by blows to the different parts of the body. The Japanese have had wonderful effect on wrestling which will be shown later.

When men learned to wager on wrestling matches it brought out another class of wrestlers known as professional men. They made a business of wrestling and capitalized on their ability to beat the other fellow. This was not the easiest way so many bouts were framed so to speak and the wrestlers knew how the bouts were to come off before they were wrestled. The game was thrown in a bad way and the people in general refused to be a party to unfair methods so professional wrestling nearly went flat.

But there were another class of people and they were amateurs. They wrestled for the pleasure they got out of the game and the good it did their bodies to indulge in such athletic exercises. These men barred all punishing holds took out of the game all things that were most likely to injure an opponent and made it possible for two gentlemen to engage in a wrestling match one to beat the other and yet not injure your fellow in person or feeling.

The group just mentioned has saved wrestling. The general public has been led back to wrestling and like it as never before. Since you must educate people to like any thing of this kind the College teams have gone far to establish Amateur Wrestling in the U. S. The different conferences, and organizations have promoted wrestling to its present state of efficiency. The Olympic Games recognizing wrestling has kept many a good man in the game and has shown that great good can be realized from indulging in this form of exercise.

The present United States Amateur wrestling is a mixture of European, Japanese, American and the old side hold wrestling. Intelligent wrestlers can find a place for all the good trips blocks and counters. If we see amateur wrestling in California we see a tricky type of holds looking nearly like the Jui Jitsu. If you go the Eastern part of the U. S. you see a more conservative form of wrestling the men afraid to take a chance and trying to win using only a few holds. In the Central West they are influenced on all the different forms and you are likely to see all forms of wrestling. Some men using scissors, some all arm and head holds while the more skilled may use many leg combinations. The style

in the future and the way men will wrestle will depend upon just how the rules are written.

It is my opinion that the matches must be speeded up and that men will be allowed more leniency always giving the decision to the man who has shown the most skill and aggressiveness. At present there are five things that happen while wrestling in addition to getting thrown and your shoulders pinned, they are: going behind an opponent, throwing an opponent to the mat after you are behind, holding an opponent to the mat staying on top, getting out from under if you are on the bottom and the offensive wrestling you may do such as applying holds and beating an opponent with some hold trip lock or counter.

In conclusion why not learn just what we should know and learn it well. Be intelligent wrestlers and keep in good condition. Wrestle clean and be a good sport and last have a determination that will carry you through the hardest battles and bring you out a man win or lose. The history of wrestling will read that men learned to wrestle fairly during the early years of the twentieth century.

CHAPTER II

WRESTLING PLAN.

The wrestling outlined in this book is developed on certain lines not heretofore published. Every move and position is based upon a mechanical principle. All the movements of the muscles are figured from a standpoint of anatomy and pyschologly. The theory upon which the holds are derived from is based on position, leverage and strength of groups of muscles.

A man standing does not have a very large base. When pushed backward or pulled forward he resists or advances and retreats to suit the occasion and you cannot get him off his balance. If you push him to the right or left he resists or shifts to the right or left to suit the case and still not gotten out of position. Two movements are very unusual and your muscles have not developed to function that way. All the attacks are figured from that theory. If a man is standing never push straight at him but try to combine a straight push wit ha side push and he will be unable to resist such a movement. This is because his muscles have not been taught to resist such movements. You will find that no man will have much luck resisting a movement at an angle of forty-five degrees from front or side because his muscles are not taught to perform in this manner. When you are on the mat on the defensive, that is down on your hands and knees, if shoved forward you resist it easily. If shoved to the side you resist that movement also. If however you are shoved at an angle of forty-five degrees it throws all the force on one leg of the table and you cannot resist that movement.

Another theory we work on is that a man represents a table it either stands on two legs with limited support or it stands on four. Whether you are on four or two legs you cannot get off balance unless one of the legs are destroyed. When contending with the four legged table it is always best to destroy two legs if possible. If this is not possible then one must be destroyed before you can do anything with your opponent. When you are on top of an opponent and he is on all fours. First try to break the arm to destroy one leg of the table and then immediately put all your pressure in that direction. It will then be necessary for him to shift the other table legs to take care of the pressure. If he is unable to shift then you have him down on the mat and at a disadvantage.

If he does shift to take care of the force it is with great effort because he has to put more force in the movement. As a better example of this take for example a case of one man holding another down on the mat. The man on top gets one arm back and locks it. The man under has to carry the same weight and resists the same forces with one arm and two legs that he resisted with both arms and legs before. He will not be able to function as easily and will be defeated by losing an advantage. If an opponent is not strong in the arms he will be easy to handle as far as getting one arm back. If he is of the more sturdy build he will be hard to do anything with so you will have to direct your attention to his legs. It is seldom that a man who is especially strong and well built in the arms is over-developed in the legs. We then take from the preceeding sentence that we are to attack the weakest part, destroy one leg of the table at a time and by getting your opponent out of position make him work harder in the early part of the bout. He will then be very weary and easily beaten near the end of the wrestling period.

Another point is that you are to breath properly, be in the finest condition possible and then wrestle with the greatest intelligence. There is a limit to the development of muscle and strength but there is no limit the individual may develop his brain. It has been estimated that the knowledge of the game counts seventy five percent in making up a wrestler's qualifications. When you are making study of wrestling do it in a systematic manner and just like you would learn any other subject.

Another most important point in this plan is if you want to get the most out of your work do not take it so seriously that it becomes too tiresome and you burn out. Take it as a business and then strive to perfect your wrestling to its highest point. Get your body or wrestling machinery in the finest condition and then with a good engineer at the throttle and good machine you will be able to defeat all comers.

Nearly every book published on the subject of wrestling has many good positions and holds but there is not much system as to the divisions of holds, trips and counters. In this text in the part showing the holds I have grouped the different holds so you may turn and find out a method to get an opponent in front of you, how to get him to the mat, ride him if you are fortunate to get on top and how to escape from underneath. With all the holds classified you have something definite to work with and can find what you want without going over the entire text.

Wrestling is only doing the little simple but correct things at the right time, also doing them so fast the other fellow can't keep up and will eventually give you the chance you want.

CHAPTER III

PRELIMINARY TRAINING

Your preliminary training for a wrestling season should cover the period from Sept. 1st., to Jan. 1st. It goes without saying that you should have lived as clean as possible all your life because a man once dissipated will never be quite so good as one who has taken the right paths. Begin your training by doing cross country running starting with the half mile for a few days and gradually working up until you can do three miles without feeling tired the next day. When you reach this stage then begin to run only on every other day and take wrestling instruction on the other three days. The brain must be prepared several weeks in advance of the muscle in order to get the best coordination. In explanation, I mean that you cannot learn a hold by trying it just before the match because the paths of reflex are not developed and you will not be able to use anything explained just before the bouts begin.

Begin your mat work by learning all the easy holds and all fundamental positions and do your studying systematically. Never go to the mat without something definite in mind and then learn each group of holds taking a few each day and practice each position more than six times before taking another hold. If this plan is used when you get into a regular match you will be able to think faster than your opponent and that will win for you if you are in as good shape.

Always supplement your work with some form of calesthentics and those that will work out the lateral trunk, abdoman, front neck, back neck, biceps and triceps are the best. To do this quickly, lie on the back and raise both feet keeping the knees straight, this exercise works out the abdoman muscles. Then with the weight supported on the sides of the feet and one arm and the arm straight, raise and lower the hip to the mat working out the lateral trunk. The bridge on the back trying to throw the arms in as many positions as possible and then turn face down on the mat and work out the front neck muscles. Then chin for the biceps development and follow with rope skipping or running to developement endurance.

Watch you diet eating enough but not to much. You can eat nearly everything but do not eat anything between meals or take any cold drinks of any kind. Get at least eight hours of sleep and don't try to take too many activities. You cannot work five hours a day miss meals wrestle study and do several things and be in anything like wrestling condition.

Study each days work before you go to the mat and have your workouts progress in violence and in the things you are to learn Each day go back and see if you have left anything undone or have failed to completely or partly to learn any of the holds trips or counters of the previous lesson.

Watch your physical condition and if you feel like you are not as good as the day before or lack strength or staying qualities you no doubt are a little over trained. In this event skip one day and reduce the amount of exercise until it seems to just keep you in the best of condition.

It may be that you are undertrained and will have to go back and start over and take some form of endurance work to build up to where you can do the work you should. If this be the case increase the distance you are running and the muscle building work but do not take enough to over do the thing. If to much calesthentic work is taken the muscle tone is increased to to great a degree and a sluggish and slow moving muscle results. .

Remember man is an animal with very little natural coordination and ability to perform with hands or feet. This is nearly all acquired by constant practice. As example a bird can fly without using any thought or without the front brain at all. A man has to think or he cannot do anything at all. It may be only a slight effort to him he has to be conscious of what he is doing and for that reason is considered the poorest developed animal when it comes to natural coordination.

CHAPTER IV

PREPARING FOR THE MATCHES.

The first thing to do is to decide what weight you are going to make. There are several things that will help to decide this. Weight in and then look yourself over. Look at your condition and determine if you are fat or thin. See if there can be some weight taken off of your waist line. Have you been taking road work enough to keep off surplus weight? Are you a growing boy or a fully developed man? If a boy don't try to reduce over a very few pounds as it will stop your growth and may have an effect you do not want. If you are just an ordinary fellow about nineteen nearly fully developed then you can take off several pounds and wrestle better.

For a man weighing one hundred and sixty five pounds there is nothing left for him to do but take off enough to make the one hundred and fifty eight class. If you are a slender fellow weighting 126 pounds then do not try to go to 115 pounds but try to build up to 130 pounds and then reduce to the 125 pound class. If you are a fat fellow weighing 155 pounds you could easily make 145 pounds. You see that there are many things that will effect your weight making.

The greatest one exercise to take off weight, develop the lungs and heart, and make you want to win is running and road work. Your real training starts the day you get up at five thirty A. M. and do your road work starting easily at first and then getting to three or four miles a day.

You have learned nearly all the holds practicing them many times each day and then have had little try outs with the fellow wrestlers so you know where you are when you get on the mat. Practice hard every day over a long period just what you can stand and real progress will be shown. Each day keep going over the plan and practice solving problems. As an example think what might happen in a wrestling match. Will you wrestle too high and let your opponent get under you? Will you wrestle too low and let yourself be jerked forward and to your hands and knees? Try these out and see just what you can do under real fire. The first problem will be the one where you are head to head to your opponent both on all fours. You will either have the leg hod on him or both on all fours. You will either have the leg hold on him or

he will have it on you so the problem must be solved both ways. There are many things you can do if he has your legs and is under you. Wheather you use right or left hands will be determined by the position of his head. If he has his head between your legs then neither can gain an advantage. If he has it to one side you might counter and he might get you to the mat. For this problem we will say that you are head to head with him and he has the under hold and has both your legs.

You must lean forward and straighten your legs back as hard as you can keeping all your weight on him so he cannot get to his feet and bust you to the mat. If his head is on your left side for the first counter reach thru in front of his right thigh and try to take his right ankle and then at the same time pull hard and throw your weight on him to force him on his right shoulder taking a cross face hold with the left. If this does not work then take hold of his left ankle with your right hand and pull his leg to the side and then up which will cause him to fall over on his right side as in the preceding counter. If this does not work reach under and thru his crotch with the right and lock your left to your right over his buttock lift him high and throw him under you. If this does not work then take a double body hold and fall backward and throw him high over your head and break loose. If this does not work then take a one quarter nelson on him from the left side and try to force his head down and turn him to a reverse half nelson. If he is still getting the advantage then try the switch. This may fail and if it does then try as follows: put the left arm under in front and the right locked with it under his right arm and try to turn him over on his back, and get your legs loose. But yet you cannot get him loose then try the double wrist lock and that failing go to the mat let him have top position and try the fifteen escapes shown in that chapter. The man who has the under position has the advantage and should try to shift his legs from side to side and get his body in the proper position and eventually come out on top. You see in preparing for a match there is much to do.

As the time gets as near as two weeks of the match begin sweating a little in the sweat cabinet. Watch your diet eating the best foods, enough but not gorging yourself. Sleep at least eight or nine hours and half of it before twelve o'clock. This will not always be possible but never stay up as late as ten thirty. Do not have social engagements the best woman in the world can do you no good. If you do not have to make any sacrifices you wont give a care whether you win or not.

If you are to wrestle on Saturday have a full time match nearly every day until Wednerday or Thursday. Thursday you

should begin to get pretty well down in weight. For a man wrestling in the 145 pound class he should weigh not over 151 pounds. On friday cut out nearly all the water and most of the food and work with only one idea and that of making weight. No wrestling of any force and no road work more than one half of what you are used to doing daily. After your workout Friday you should weigh about one and one half pounds over weight. Eat just enough so you can sleep. Get up the next morning and come to the gymnasium and test out your weight. If over get in the sweat box and get it off.

Make sure that you have passed urine and that your bowels have moved if there is any thing in the intestines to move. Keep quiet until weighing in time. If you weigh in four or five hours before the meet you can take on several pounds. If you weigh in six or seven hours before the meet you can take on many pounds. As soon as you weigh in take about one half pint of milk and then water. I know that most coaches will not use milk but some of my best men have not had anything but milk to train on for weeks before their matches. Then a couple of cups of weak tea with sugar and a light meal taking liquids gradually. Never take a drink for three hours before a match but beware of taking solid food and not taking enough water or liquids to help digest it. Our best record is a man who gained twelve pounds from twelve o'clock to seven thirty. Take a light massage one half hour before your match and you are ready to go.

The Japanese can run one hundred miles and eat rice. The Esquimo can do the same and eat seal fat. The American Indian ate nothing but raw meat and the wrestler can wrestle on any good food.

CHAPTER V

COMMON WRESTLING INJURIES AND WHAT TO DO.

The most common injury that a wrestler is liable to is what is known as the cauliflower ears. This is caused by the ears becoming injured and blood and lymph gathers about the cartiliges and caused swelling first and then discoloration. If this condition is continued it becomes aggravated condition and eventually pus organisims will find their way to the injury and pus will form. Pus disolves cartilige and the framwork of the ears will break down. Excess tissue will form and your ear will take on the shape of distorted thing looking like a head of Cauliflower.

The best method to prevent this is to grease the ears with vaseline to keep them slick and from being easily bent and irritated. If this method will not entirely remove the danger and your ears do start to swell then resort to the wrestling head gear. This head gear resembles the aviators head gear being made out of the thinnest leather and with a tight fitting head piece and two ear protectors.

The best way to keep from having this trouble is to keep your men from using headlocks, head scissors and any hold that pries the elbo into the ear and bruises it.

Mat burns are the result of wrestling on a canvas mat without a cotton flannel covering. This injury is one of the most common and the easiest to prevent. If your team is to work on a mat without a cover then let them wear long sleeved jerseys and full length pants or tights. Even with this precaution they will receive burns but not very badly. These burns become infected and boils get started among the members of the team. If for any reason your men get burned treat them very carefully and take better care of them than if they were cuts as they might cause more trouble.

It is a very usual thing for some members of your team to get their sides pulled. This is caused by some one taking a hook or figure four scissor and then trying to turn over with a pry on one arm as a nelson. This is a foul hold and should not be permitted. Another way to tear the side is to get what is known as the stretcher hold and then lift the arms at an angle of forty five degrees and tear the intercostal muscles. The rule to follow is never allow any man to put any hold on anyone that does not permit him to roll over

if he desires. By getting a regular body scissor and merely pulling up one arm the side will be torn and stretched. Avoid these holds if you want your team uninjuried.

Broken finger nails and those torn out by the roots are sometimes a menace. If any of your men get a finger nail torn loose at the roots don't let anyone bind it up without cutting away the roots and putting it back in place. In ten years I have seen three cases of this kind. Two of them from football and one from wrestling. The two football cases were tied up and let alone and both of them nearly lost an arm and one did lose a finger. The wrestling case had the nail cut off at the root and put back in place. The little bone was also broken. In just five days this man wrestled a bout and won it. No infection ever occured and the injury healed rapidily.

Water on the knee is caused by an irration to the synovial membrane of lining of the joint and causes it to secrete an excessive amount of joint water of synovial fluid. Constant irritation increases the trouble and in many cases it is a very serious injury. If this trouble occurs to the elbow rest will nearly always cause the trouble to disappear. On the knee it is different matter and must be handled very carefully. We use hot and cold applications, Ichthyol Ointment and rest. These of course supplemented with bandaging and position. After an injury of this kind use a sponge rubber knee pad and be very careful not to irritate the joint by even the slightest knock.

Sprains are very common but the usual treatment will always get results. The first thing to do for a sprain is to put on ice cold applications to stop the hemorage. Follow this with counter irritations, like linaments etc. Then follow this with massage and alternate with counter irritants.

Broken ribs are very common but most of these kinds of injuries can be prevented if you do not permit the men to go too hard with their scissor holds and if you do not allow the arms to be pulled overhead. The only treatment I have ever seen is strapping the ribs up tightly with adhesive tape.

On of the best methods of preventing sprains and strains is to have the men warm up well before they start any real work. If this is done all the muscles have a good supply of blood and the tone increases then they are able to stand greater pull without injury.

The treatment for the cauliflower ears usually given is to paint with iodine for a minor ailment. If you have your ears swelled with aching then they will have to be lanced or the liquid removed with a hypodermic needle. We always use the needle while some of the very good coaches use the knife and lance the ears and squeeze out the liquid. Either will be effective.

CHAPTER VI

JUST HOW TO WRESTLE YOUR MATCH

Go in the ring with confidence built up because you know you have trained and that you know your wrestling. Breath easily and assume that you are the master. Look over your opponent and give him credit for being better than he looks. If he is heavy in the neck and shoulders expect him to use bull strength. If of the slender type look out for scissors and grapevine holds. A heavy set type will not be able to last through a good match as well as the slender type. To prove that statement study the different animals and especially the birds that migrate each season.. It has been known that a yellow legged plover has flown 2600 miles in less than two days and lost only two ounces in weight. The best flier of the duck family is the teal. The smaller slender type of birds can outlast the more sturdy type. I have found that the arteries of a slender man are not interfered with by the muscles when they act. The heavy set type of man does not have any larger arteries than the slender one yet the muscles must be kept supplied with oxygen and food. The medium type is the best one you will have to contend with.

Breath thru your nose while the bout is on. This because the rushing of air thru the mouth dries out the mucous membranes of the throat and mouth and causes the muscles of the throat to contract to try to stop the irritation. This causes a feeling of depression and you tire out easilly.

Never use all your strength unless necessary. For a muscle working at three fourths strength will last three times as long as one used at full strength. Experiments have shown that if after walking ten miles will not be able to chin as many times as one who is fresh although neither has used the biceps and other muscles of the elbo. Avoid using your arm muscles against the leg muscles of your opponent. Always take the longest lever possible to gain the mechanical advantage.

You must have fight in you. You must have the desire and the initative or you will be a dub at the game. Die hard as all good men do. Did you ever see a wild animal die? He didn't ask for mercy and he didn't ask for help but went out game to the end asking nothing only to be let alone. Have in your mind and be sure of it

that you are the best man and then prove it to yourself and the spectators.

The mask of innocence and an ignorant look will help deceive your opponent and you. A slim neck may cause you to be a little reckless with your strength thinking that such a man cannot wrestle. Remember that there is a difference in the quality of muscle. Average muscle fibres will contract one half their length and pull 85 pounds per square inch. But a good wrestler does not have average muscle tissue so you cannot tell what he can do.

Wrestle only fair holds and say to yourself "if he is the better man let him win for he deserves it". You might wrestle dirty and get away with it but would fall out of bed the next morning and break your neck. Remember the old sayings are pretty true and you cannot beat the game and be a crook. He who has a clear conscience will get the most out of the wrestling game and will win if he deserves to win.

CHAPTER VII

AMATEUR ATHLETIC UNION RULES FOR CATCH AS CATCH CAN WRESTLING

(As Amended November 1924)

Section 1. All wrestling competion shall take place on the ground or on a platform raised not more than 4-feet and of a size not less than 26 feet square. To allow a four foot margin on all sides between the edge of the wrestling mat and the edge of the platform. The sides of the platform shall be boarded in and sloping. The wrestling mat shall not be less than 16 feet square and shall be not less than 2 inches in thickness or more than 3 inches, and firm beneath the foot and covered with an oversheet or soft canvas, the edges of which are to be surely fastened so as to insure a smooth surface. There shall be no posts or ropes on or about the platform. (If it is not possible to have the above platform a boxing or wrestling ring may be used, by permission of the National A. A. U. Wrestling Committee, or when holding association championships, permission from local wrestling committee must be secured.)

Section 2. Competitors shall be decently clad in close fitting garments without sleeves and with athletic supporters beneath their tights. Competitors may be barefooted or wear socks and shoes, these to be of soft leather or canvas and rubber and to carry no projecting metal work. Belts or garters with metal fastenings or rings upon the fingers shall not be worn, and the Referee shall see that a competitor's finger nails are trimmed short, and that he has not upon his person any bandage, oil, ,grease, resin, or any other substance likely to cause injury or distress to his opponent or advantage to himself.

Section 3. Classes to be 112 pounds. and under; 118 pounds and under; 126 pounds and under; 135 pounds and under; 147 pounds and under 160 pounds and under; 175 pounds and under; and Heavy, any weight. If upon weighing in, it is found that an entrant is more than one-half pound over the required weight he shall not be permitted to compete in that class.

Section 4. An athlete who fails to compete after entering an event shall be required to furnish a satisfactory excuse for such failure or render him self liable to censure or suspension by the

local Registration Commitee. Any athlete who weighs in and then fails to compete without an excuse satisfactory to the Registration Committee shall be suspended for a period of six months. Competitors shall weigh in within three hours of a contest. Weighing in shall cease when the drawing bouts in that class commences. Competitors shall sign their names to a weighing list upon weighing in and whenever demanded by the Referee.

Section 5. The wrestling Committee of each Association of the Amateur Athletic Union shall prepare an official list of competent wrestling officials to serve as Referees, Weighers, Timers, Announcers, and Clerks of Wrestling. All Tournaments must be conducted by officials selected from this official list or by officials specifically approved by the wrestling Committee; and in every tournament the officials shall be selected or approved by the Wrestling Committee.

Section 6. One fall shall decide each bout. A fall shall terminate the bout. The duration of a preliminary bout shall be six minutes and a final bout nine minutes, (except as provided for in Section 11.) when the referee orders an additional two rounds of three minutes each. While a bout is in progress th time-keeper shall clearly and loudly call the passing of each successive minute. If for any reason a temporary stoppage of the bout occurs the time-keeper shall deduct such time from the regular time of bouts.

A fall shall be defined as placing of the contestant's two shoulders on the mat at the same moment for a sufficient period of time for the referee to be satisfied that both are actually touching. Before the referee is considred in position to call a fall, he should at least be on one knee. Rolling falls shall not count.

Section 7. The bout shall commence with the call of "Time" by the Time-keeper, when the contestants shall shake hands, leave step back, and at once be presumed to be on the defensive. The contestants may take hold how and where they please, subject to the following restrictions: the hair, flesh, ears, private parts or clothes may not be seized. Twisting of fingers and toes is forbidden. Striking, kicking, gouging, hair pulling, butting, strangling are prohibited, and any grip that endangers life or limb, or has for its object the punishing of an opponent, or inflicting such pain as might force him to give the fall, will not be allowed. Any fair hold, grip, lock or trip is allowed except the Double, Nelson, Strangle, Flying Mare with the palm uppermost, the Toe Hold with a twist, the scissors hold on the head or body, the Hammerlock and an arm or foot up the back with a Bar.

Section 8. Immediately before the contest, competitors who have weighed in shall draw numbers to determine the bouts they

take part in. The drawing to be as follows: Have the first preliminary round to reduce the number of competitors, to 2, 4, 8, 16, and so on (Thus, if there are three competitors, have one preliminary bout to reduce to two; if five, have one bout to reduce four, if six, have two bouts to reduce to four; if seven, have three bouts to reduce to four; if nine, have one bout to reduce to eight; if ten, have two bout to reduce to eight, and so on, if eleven, have three bouts to reduce to eight, and so on). Competitors drawing a bye on the first drawing on each day shall receive the lowest numbers on the second drawing. Thus, if there be one bye drawn, such competitor shall receive the number 1; if two byes are drawn, such competitors shall receive numbers 1 and 2, for the second drawing, and if there be three byes, such competitors shall receive the numbers 1, 2 and 3 in the second drawing. In all drawings where numbers 1, 2, 3, and 4 and so on are drawn, number 1 competes with number 2, 3 with 4, and so on. When the class is brought to a multiple of 2, 4, 8, or 16, the contest proceeds regularly to the final bout. Where competition is not concluded in one day, there shall be a new drawing for each subsequent round of bouts started on a following day. The winner of a final bout receives first prize. The runner up shall be considered the challenger. Those competitors who have been defeated by the final winner shall compete together (except the challenger), being paired as above and they shall wrestle to determine who shall meet the chalenger, and the winner of this bout shall be awarded second prize.

TABLE OF BOUTS AND BYES APPLING TO SECTION 8

No. of Competitors	Bouts	Byes	No. of Competitors	Bouts	Byes
5	1	3	23	7	9
6	2	2	24	8	8
7	3	1	25	9	7
8	4	...	26	10	6
9	1	7	27	11	5
10	2	6	28	12	4
11	3	5	29	13	3
12	4	4	30	14	2
13	5	3	31	15	1
14	6	2	32	16	...
15	7	1	33	1	31
16	8	...	34	2	30
17	1	15	35	3	29
18	2	14	36	4	28
19	3	13	37	5	27
20	4	12	38	6	26
21	5	11	39	7	25
22	6	10	40	8	24

Section 9. Each competitor shall be entitled to the assistance of two seconds only and no advise or coaching shall be given to any competitor by either of his seconds, or by any other person during the progress of any bout for a violatin of this section, the Referee may disqualify the competitor who is so advised or coached.

Section 10. For persistent retreating beyond the boundary of the mat, the Referee is empowered to disqualify the offender. For using or attempting to use a Foul Hold after two cautions have been given by the Referee, the offender shall be disqualified. But, if in the course of a competition, in the judgment of the Referee, a competitor shall have given evidence of his intention to try to gain victory by the use of foul holds for such attempt whether two cautions have been given during the bout or not, the Referee shall disqualify such competitor from further competition. For refusing to break any hold when so ordered by the Referee, the offender shall be disqualified. For using oil, grease, etc. (see sec. 2), the offender shall be disqualified.

Section 11. For all competition there shall be a referee, two judges, a Time-keeper, two weighers and the Clerk of Wrestling, the judges shall not have power to award a fall, but shall each keep a record of points gained by opponents in each and any contest and in the event of no fall being obtained the contest shall be decided in accordance with the judges' scoring which shall be given in writing and computed on the following basis:

Aggressiveness on the feet	1 point
Aggressiveness on the mat	2 points
Bringing opponent to the mat and getting on top	4 points
Getting out from underneath and up on feet	2 points
Getting out from underneath and getting on top	5 points
Bringing opponents knees to the mat	1 point

(A competitor is considered on top when he is in position to take the referee's hold.) In the event of the judges not being in agreement or their award of points being equal, the decision lies with the referee, who at his discretion and after one minute rest shall order a further period of wrestling of two rounds, three minutes each. The referee shall flip a coin to decide which man shall go down on his hands and knees on the mat. His opponent shall be given aggressive hold on top. If a fall is secured during the first round that shall end the round and the second round shall start immediately, the loser of the fall should be given the opportunity of scoring a fall in less or equal time. Failing to secure a fall in equal or less time he shall be considered the loser.

In the first round if A does not secure a fall from B, and in the second round B secures a fall from A, of course, B wins. During the two rounds of three minutes each the judges should continue to score according to the above table. After this if the judges are not in agreement nor points being equal the referee must give a definite decision in favor of one of the contestants. Decision as to a fall which, of course, terminates a bout shall rest with the referee only. Apart from the fore-mentioned powers of the judges the entire control of the bout lies in the hands of the referee, whose decision shall be final and subject to no appeal.

During the progress of the bout when a contestant occupies the top position he shall be allowed by the Referee (who shall be held responsible for the time) to remain in that position for longer than two minutes unless at the expiration of that period he is actually engaged in an attack which in the judgment of the referee is likely to effect an immediate fall. This not being so the referee shall order both men to resume a standing position in the center of the mat. This rule does not apply should two rounds of three minutes each wrestling be ordered. (The referee may order the time-keeper to hold an extra watch so as to keep time when a contestant is on top.)

Section 12. No bandages or straps of any kind shall be used on hands, arms or head.

Section 13. Any athlete who competes in a wrestling contest of longer duration than provided for in these rules shall be suspended for such period as the Registration Committee shall decide.

Section 14 In the event of any question arising not provided for in these rules, the Referee shall have full power to decide such question and also interpret these rules.

Section 15. If one or both of the contestants get wholly beyond the boundary of the mat, the Referee shall order the contestants back to the center and in a standing position. The position they shall take on the mat shall be left to the discretion of the Referee, who shall take into consideration their positions when they left the mat.

The Wrestling Committee with the approval of the Board of Governors, shall award the National Championships to an active member of this Union. Such active member may sub-award such championship to one of its club members.

THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION OF AMERICA

The members of the Wrestling Rules Commitee are:
Chairman, H. R. Reiter, Lehigh University
August Peterson, Columbia University
Dana M. Evans, Northwestern University

The Advisory Committee are:
W. E. Lewis, Harvard University
Richard Barker, University of Michigan
Dr. R. C. Clapp, Nebraska University
James Arbuthnot, University of Washington
E. C. Gallagher, Oklahoma A. & M. College
Dr. O. K. Barnes, University of Utah

Forward

The National Collegiate Athletic Association recognizes the Educational value of Wrestling in the development of a strong, balanced personality.

It recognizes the moral dangers which may arise and places itself on record as opposed to all unnecessary roughness and unsportsmanlike conduct. The association opposes certain toe and face holds and the questionable use of the hands on an opponent's face in the standing position on the mat. It condemns any semblance of bitterness or rancor between contestants.

The uplift of the sport demands the same restraining and sportsmanlike conduct from the spectators, coaches, and members of the respective teams, as it does from the contestants on the mat.

It is urgent that competent officials be secured. The Manager or official in charge of the Meet should explain the salient points of the rules to the spectators, as the lack of knowledge of the rules and conditions under which the Mete is held is the source of misunderstanding and dissatisfaction.

The Committee favors the standardization of Wrestling Rules throughout the Colleges of the United States, and urges the reprepresentatives of Wrestling throughout the country to work for this end.

It is urgent that extra precaution be taken against the spreadind of Impetago commonly known as wrestler's itch. The use of a washable white canvas cover for the mat is advised.

In the past considerable dissatisfaction has resulted from inefficient timing. Efficiency in this respect is absolutely necessary.

RULE 1

Eligibility

An institution shall be represented by only one contestant in each class, but two or three names may be submitted in advance of the date set for the meet.

RULE 2

Representation

Section 1: There shall be seven classifications in weights as follows:

Bantum weight	115 lbs and under
Feather weight	125 lbs and under
Lightweight	135 lbs and under
Welterweight	145 lbs and under
Middleweight	158 lbs and under
Light Heavyweight	175 lbs and under
Heavyweight	175 lbs. and over

Section 2: No contestant shall be allowed to compete in more than one weight in each meet.

Section 3: Contestants shall be weighed in by the Referee or some responsible person mutually agred upon, on the day of the contest not earlier than three hours before the meet. Any contestant being overweight shall be rejected. In all dual meets three pounds overweight shall be allowed.

Section 4: If a contestant fails to weigh in on the second day of the Intercollegiate championship, no points shall be awarded to any of the contending teams as the result of the default.

RULE 3

Costumes

Section 1: The uniform to consist of full length tights, a black supporter (white supports being objectionable.) Shoes not to be heavier than light gymnasium shoes and laced by means of eyelaces and to be without heels. A sleeveless shirt, (buttoned on the shoulders is objectionable); the referee shall guard against and oil rub on the body and shall insist on the finger nails being short.

Behavior

Section 2: If the behavior of the spectators becomes disrespectful and unsportsmanlike to the referee or either team, the referee

may stop the bout and warn the offenders and if the warning is disregarded, award the bout to the offended team.

Injury

Section 3: If a contestant is injured and is unable to continue, his opponent must be awarded the full quota of points that it would be possible for him to gain by securing a fall.

RULE 4

Drawings and Eliminations

Section 1: In all meets except dual meets, immediately after weighing-in, each competitor shall draw in person his number and compete according to the explanation below.

Where the number of competitors is not in the power of two, that is 4, 8, 16, 32, 64, there shall be byes in the preliminary round. The number of pairs who draw byes in the first round shall be equal to the difference between the number of competitors and the next lower power of two. The byes if even in number shall be equally divided between top and bottom names of the contestants as shown below. If the number of byes be uneven there shall be one more bye at the bottom of the graphical representation than at the top. No contestant shall be allowed more than one bye in any one meet except in the elimination bouts for second and third place in the championships.

RULE 5

The Bagnall-Wilde System Will be Used.

Section 1: Rule 4 holds for Intercollegiate champion. For second place, in each weight, the defeated contender in the finals shall meet the winner, (by a method of elimination) of all men who have been directly defeated by the intercollegiate champion.

Section 2: For third place championship, the defeated candidate for second place in the finals, shall meet, by elimination all those men who have been directly defeated by the successful candidate for second place.

By limitation is meant: the men shall wrestle who were defeated by the intercollegiate champion, drawing byes if necessary, or second place champion as the case may be. The winner thus gaining the privilege to meet the defeatd contestant for championship or second place in order to decide who shall be the second place or third place champion as the case may be.

RULE 6

Bouts and Decisions

Section 1: The length of all dual meet bouts shall be nine minutes and two extra periods of three minutes each shall be wrestled if necessary.

Section 2: If after the expiration of nine minutes no fall has resulted, the referee may award the bout on the basis of aggressiveness and wrestling ability, providing the contestant has a time advantage of at least one minute. This time advantage of one minute. This advantage of one minute does not necessarily compel the referee to award the decision.

Section 3: If the referee makes no decision at the end of nine minutes, two extra periods of three minutes each shall be wrestled, the contestants going to the mat. A coin tossed by the referee deciding the position of the winner.

Section 4. All time advantage gained in the first nine minutes shall be disregarded in the extra three minute periods.

Section 5: In the event of both contestants securing a fall in the extra periods the bout shall be awarded to the one who secures the fall in the shortest time.

Sction 6: If the same contestant secures two falls in the extra periods, only one fall will count in the scoring.

Section 7: The referee shall in case of extra periods give the decision, in case of no fall, to the contestant who has shown more agressiveness or wrestling ability. In dual meets the referee may declare the bout a draw and the points that it is possible to secure in a decision shall be divided between the contestants.

Section 8: In the event that a contestant is injured, and if by a physicians sanction the contestant is able to continue, three minutes will be allowed from the time of the injury to allow the injured contestant to rest. In case of the contestant being unable to continue the bout shall be awarded by default. Points to be awarded as provided in Rule 3, Section 3.

Section 9: Finger interlacing in the waist lock hold is barred while the contestants are on the mat, this act being interpreted as stalling. This rule does not apply to contestants on their feet.

RULE 7

Section 1: Between the first nine minutes and the the first extra period, one minute's rest will be allowed the contestants, during which time the contestants shall not leave the mat, nor receive any coaching or outside attention.

RULE 8

Falls

Section 1: Only pin falls shall count. The rule governing falls

is as follows: any part of both shoulders simultaneously on the mat for any appreciable length of time. Flying and rolling falls must not be considered.

RULE 9

Section 1: If the shoulders and hips of the defensive man are over the edge of the mat, a fall cannot be awarded.

Section 2: In the event that the contestants are interlocked off the mat in such a manner that it is virtually impossible for the referee to give the correst positions if the contestants are separated, the referee shall call for assistance and carry both contestants to to the center of the mat. Time shall be taken out during the interval in other situations the referee shall give the position of advantage to the contestant who was so situated at the time of leaving the mat.

Section 3: If a contestant secures a scissors and his opponent walks off the mat they shall be returned to the center of the mat and the bout resumed in this position.

RULE 10

Section 1: Any hold, grip, lock, or trip is allowed except holds for punishment, such as full Nelson hammer lock above right angles or out from the body. Scissors on the neck or throat, twisting toes or fingers or head hold or knees back when opponent is flat on the mat.

Section 2: All unnecessary roughness such as striking with the fist or palm of the hand at the head or stomach kicking, (except in an honest attempt to kick the foot from under an opponent) butting or any hold the referee objects to, may disqualify a contestant for the first offense and shall disqualify him for the second offense.

RULE 11

Section 1: Scoring for dual meets only. A fall shall count five points, a decision shall count three points. The highest number of points at the end of the meet shall determine the winner.

Section 2: For Intercollegiate Championship meets only, first place shall be four points, second place shall be two points, and third place shall be one point. One point additional shall be awarded for all falls secured throughout the meet.

RULE 12

Officials

Section 1: The referee shall have full control of the meet and his decision shall be final and without appeal.

NOTE: It is recommended that whenever possible college wrestlers and coaches of college wrestling teams be seleceted as officials.

RULES GOVERNING WRESTLING FOR HIGH SCHOOLS. OKLAHOMA 1925

WRESTLING

Unnecessary Roughness

Forward: It is the sense of the Oklahoma High School wrestling Association that it is opposed to all unnecessary roughness, as certain face and body holds for punishment only, as unsportsmanlike, and that the official in charge of wrestling matches be instructed to interpret the following rules in the spirit of this resolution.

RULE 1

Eligibility

Section 1: All wrestling competitions shall be governed by the eligibility rules of the Oklahoma High School Conference.

RULE 2

Representation

Section 1. In each Dual meet an institution shall be represented by only one contestant in each weight.

Section 2: No contestant shall be allowed to compete in more than one weight i nany meet.

NOTE: This rule does not prevent a contestant from competing in one weight in one meet and a different weight in another meet.

RULE 3

Weights and Time of Weighting In

Section 1: The weight of the Various Classes shall be:

Fly	100 lbs. and under
Paper	108 lbs. and under
Bantam	115 lbs. and under
Feather	125 lbs. and under
Light	135 lbs. and under
Welter	145 lbs. and under
Middle	158 lbs. and under
Light heavy	175 lbs. and under
Heavy	175 lbs. and over

The heavy weight is optional and must be agreed upon by both coaches or the light heavy will be the heaviest weight contested.

Section 2: Two pounds overweight shall be allowed in dual meets, but no overweight allowance shall be made for the Annual Championship Meet.

Section 3: Contestants shall not be allowed to weigh in more than one half hour before the meet starts. This rule was put in to keep the coaches from shrinking the young boys to much. Let the boy wrestle in his natural class.

Section 4: Competitors taking part in the finals or third place contests shall weigh in on the day of the finals and on the day of the semi-finals.

RULE 4

Costumes

Section 1: Costumes shall consist of a full length tights, a well fitting black supporter, shoes not heavier than light rubber soled gymnasium shoes, without heels and laced with eyelets only. The contestants will be allowed to go stripped to the waist during the matches, but are supposed to wear a bath robe or sweater to the ringside.

RULE 5

Mats and Ropes

Section 1: In all dual or championship meets, the wrestling mats shall be two inches thick and not less than 16 feet square and shall be covered with a cotton flannel covering securely fastened.

Section 2: In all meets between members of this Association, wrestling contests shall be held in a roped-in area. This area shall not be less than 16 x 16 and the mat or mats extended must reach at least one foot beyond the ropes, tightly stretched 2 feet, 3 feet, and 4 feet above the mat. Ropes must extend out from the supporting posts and must be wrapped with some soft material. To avoid spreading of ropes during the bouts they must be securely fastened together by three vertical ropes placed equal distance apart on each side of th ering.

RULE 6

Bouts

Section 1: Bouts in dual meets shall be ten minutes in length and in the Annual Individual Championship meet shall be twelve minutes in length. Bouts in the preliminary matches of the Annual Individual Championship shall be ten minutes in length.

Extra Bouts

Section 2: In case of a draw at the end of the main bout, the referee shall toss a coin, the winner of the toss having the choice of working on top or below. They are to wrestle two three minute bouts and the one first having the choice must give his opponent choice at the beginning of the second three minute bout. In case neither of the contestants have enough advantage for the referee to award a decision, then the match shall be declared a draw. In the Annual Individual Championship Matches the contestants shall flip a coin if this condition occurs in the preliminaries, to see who shall continue in the meet. The winner going to the next round and the loser being eliminated from the meet exactly the same as if he had lost by a fall or a decision.

Section 3. A one minute rest shall intervene between main bout and the next three minute bout, and one minute shall intervene between the two three minute bouts.

Section 4: The second three minute bout shall be wrestled even if one contestant gains a fall.

RULE 7

Holds

Section 1: Any hold, grip, lock or trip is allowed, except the double wrist lock from standing, the hammer lock, above the right angle or a twisting hammer lock, double arm above the head, strangle holds, full nelson, too holds holds over the mouth, nose or eyes (1. or over front of face) bending or twisting of fingers for punishment or to break holds, or any hold used for punishment. A contestant may take hold of 2 or more fingers to break a hold of an opponent.

Section 2: No striking, kicking, gouging, hair pulling, butting, elbowing, strangling or ANYTHING THAT ENDANGERS LIFE OR LIMB will be allowed.

RULE 8

Falls, Decisions, Etc.

Section 1: Both shoulders momentarily pinned to the mat shall constitute a fall. Flying and rolling falls shall not be counted.

NOTE:—By "momentarily pinned" to the mat is meant pinned for the referees silent count of three seconds.

Section 2: A fall with any portion of the body off the mat shall be left to the discretion of the referee.

Section 3: Officials are instructed not to put their hands under the shoulders of a contestant unless absolutely necessary to determine a fall.

Section 4: If during the progress of a bout, one or both contestants work toward the edge of the mat or off the mat, time shall not be taken out while the referee brings the contestants to the center of the mat, and places behind his opponent the contestant who had the advantage at the edge of the mat.

Section 5: To earn a decision at the end of the main bout a contestant must have an advantage of one minute in time behind his opponent.

Section 6: An advantage of thirty seconds behind is required to win a decision in two extra three minute bouts.

Section 7: A fall takes precedence over a decision in the three minute bouts (See rule 5 section 4)

Section 8: When during a bout a contestant secures a body opponent secures on over scissor, the referee shall then instruct each contestant to break his hold and place on top the man having the body scissor.

Section 9: An opponent is considered as being behind (a) while on his feet and behind his opponent with one or both arms encircling his opponent in such a way as to have a decided advantage, and (b) while on the mat he is working on top o fhis opponent in such a manner as to have a decided advantage over his opponent in the judgment of the referee.

Section 10: If a contestant forfeits a match for any cause his opponent shall be declared the winner the same as if he had won by a fall.

Section 11: The bout shall be continuous as long as both contestants are one their feet within the ropes.

Section 12: No contestant shall be permitted to grasp or hang onto the ropes for support.

RULE 9

Miscellaneous

Section 1: Wrestlers shall be notied five minutes before they are to wrestle.

Section 2: Each contestant shall be entitled to the assistance of one second. No advice or coaching shall be given during the progress of any bout. For violation of this rule or for the refusal of

any contestant to break hold when ordered to do so by the referee, the referee may punish the offender by awarding the bout to his opponent, and the referee may also exclude the offender from further participation in the meet.

NOTE: Coaches shall refrain from going on the floor during the progress of any bout.

Section 3: The referee shall see that the contestants finger nails are trimmed short, and that the contestants have nothing on their hands or body likely to cause distress or injury to the opponent.

Section 4: Any contestant using oily rub shall be immediately ruled out of competition.

Section 5: The coaches shall have the right to attend to contestants during the one minute intermission at the close of the main bout and between the two extension bouts.

RULE 10

Dual Meets

Section 1: First place by a fall shall count five (5) points; first place by a decision shall count 2 points.

RULE 11

Reports of Dual Meets

Section 1: Complete reports of dual meets including names of the contestants shall be sent to the Secretary immediately after each dual meet.

RULE 12

Section 1: The wrestling team championship shall be decided at the Annual Championship Meet to be held at the A. & M. College each year, the first week in March. The usual system of drawing shall prevail.

Section 2: The contestant who wins the final bout in each class shall be declared the State Champion. The contestant last eliminated by the winner shall be declared second place winner, and all who were defeated by either the winner of first or second shall wrestle for third place. The scoring of the Annual Championship

Meet shall be as follows: First place by a fall, 5 points; first place by a decision, 5 points; second place 3 points, and third place by a fall, 2 points, and third place by a decision, 1 point.

Write The Oklahoma A. & M. College for Competent Officials Athletic Department.

CHAPTER VIII

WRESTLING PHILOSOPHY

Many of my men have asked me to tell why it is that my men never fail to do better than I ask them. It is quite true that my men always do better than I demand. I have never had a quitter nor a man who went back on me after he was selected for a match.

There may be several reasons why the men come thru. I look over a man and watch him very carefully to see if he likes the game and if he is a fair wrestler. If he is a good sport willing to give and take and ask no odds he will never fail me. If he uses questionable methods then I try to reform him and if this cannot be done, I drop him from my list of possibilities. I never select a man who smokes cigarettes at any time of the year. The man who keeps in training the year thru is the man I want. He must have intelligence of the highest order. I always select my men for their conformation taking the slender type instead of the heavier type. As I said in former chapters the slender men can last thru any kind of a bout and the strong finisher is the man for me.

After I have made up my mind that this or that fellow will be the man then I set about to make him the most intelligent man in his weight. Train him in all the tricks and after that see that he is ready by giving him just enough workouts to get him in the best shape. There will be a change in him and if he is sure of himself he will have confidence.

There may be some difference in our methods for I say that if you do not perform an exercise at least six times it does not have much value as far as developement. If done more than twelve the value is nothing above that point so we confine our practices on holds between those numbers.

It has been said that heredity and environment have about the same effect on an individual.

Give me a man who is bred right and I will make the proper environment. A man who didn't have the right mother or father will never have much luck against one who is bred right.

Select only poor boys who cannot go out is society. It has been said that "It is easier for the camel to pass thru the eye of a needle than it is for a rich man's son to be a wrestler."

Another method I have is to say to the fellow "I have given you all I know from now on you must go alone". They always step into the ring knowing that whatever they do I will take personal responsibility. If I am a good trainer they will not fail. If I am just an ordinary trainer they will fail part time. Never blame the boy it is the coaches fault if they fail.

Don't get after them in any case but go quietly and tell them what is the matter and how to correct it. If they lose tell them it was just by a better man and maybe they will have a better match next time. These boys want to win as much as the coach wants them to and they will do their best in any case.

If a coach goes to the mat and cannot be better informed than the members of his team they will not listen to him. Shoot squarely with them and if they show you a new hold say "Well that is a new one on me maybe I can improve it for you" If they want to try some of their stuff point the dangers and good points. I have had men cry for over half hour because they were outpointed. Your bunch must be clannish. Every man must have a personal interest in all the other fellows. I allow no member to even remark about some mistake the other fellow made. I reserve the right to do all the criticizing and if a man has nothing good to say then hesays nothing.

The Oklahoma A. & M. college has never lost a meet that I did not take all the blame on myself.

Any man can die. It takes a good man to live and fight on. Their ability must be developed and their desire to win must be developed. Train them hard and show them what sacrifices they have made and then they just wont be beaten by anybody.

Do not permit the men to pin each other in real bouts or their resistance will be broken and their opinions changed. If worst comes to worst in a bout they will gladly put out all they have and more. In the end if there is harmony between coach and men and with in the team they will not fail you and if they are beaten it will be by better men.

CHAPTER IX

QUESTIONS AND ANSWERS

This chapter is questions and answers as to what a man should do to solve the different problems If you believe them use them if not pass them up.

How are you going to the mat?

I will wear my bath robe and go to my corner. Then I will walk out and shake hands with my opponent looking him over but not too critical. I will notice his play of muscle and try to determine what condition he is in and if he can stay the limit. Then I will go back to my corner and wait.

Will you rush to meet him?

Yes always meet your opponent beyond the center of the mat and take charge of the match both mentally and physically making him to wrestle like you want him to.

What if he gets under me and gets my legs?

Then I will take a double body hold and use the seven counters given in the chapter: How to get behind in solving the problems of head to head.

What if I slip and get down on the mat

What if you get on top and are riding your opponent?

Then I will try to break him to ride by destroying his confidence even in his own ability and try to stay on top long enough to get a decision. After that I will give him a fifty fifty break and try to beat him.

Will you tell your opponents all about your own team and give out information what you are expecting?

No I will keep shut and not let anything out. If a man talks too much he generally gets some satisfaction out of it and then when it comes time to wrestle has nothing left to do.

What part of the brain controls the movements of coordiation.

The middle part. A man has less natural coordiation than most wild animals so must think at all times.

How are my muscles controlled?

Each muscle fiber is controlled by a motor Neurone. Before I can make any movement I must think and the message goes down thru one set of nerves and then the motor neurones finally giving the stimuli to the muscle fibers. After the exercise or movement is performed many times it becomes reflex and that is why I practice holds six or more times in succession.

How are you going to breathe when wrestling

Always thru the nose to keep from drying out the muscuos membranes of the throat and mouth and cause contraction.

Will you take a rub down before wrestling?

Always. Because a massaged muscle will last many times longer as has been proven by experiments.

Will you take a rub down between bouts?

Yes as a tired muscle is quickly refreshed by the new supply of blood.

What plan will you follow in working one set of muscles against another. Always work the pectorals against the retractors because you can pull in with the chest muscles 175 pounds and pull outward with a force of about 100 pounds and the strong set will tire out the weak set and then the opponent will be all in.

Will you wrestle dirty or clean?

Always give him an even chance and don't use any questionable holds. To win under those conditions would be worse than a loss under fair methods.

Do you owe the coach and school anything?

Yes because I have been choosen to represent them and I must do the best I can or let some other fellow do it for me.

What if you think he is getting tired?

I must shoot all my energy to beat him even if Imust be carried off the mat for if I am a little better and willing to shoot all my strength I will be able to finish him before time is up.

How low are you going to wrestle?

Lower than he does or just as low. Letting an opponent get under them beats more amateurs than all other mistakes.

If you don't know all your holds will you pass up a day and just practice?

No I will not waste any time getting complete information on the game for I am in to win and can't do it if I don't know the game from one end to the other.

What is your belief about a man getting what is coming to him?

This is true that a man gets what he deserves. If I deserve to win I will win. This hard luck story is generally traced back to some fault of the man who tells it.

Do most men get everything out of the game?

No they just coast through and get a win now or then and are never heard of outside the little circle in which they travel. It is possible for a man to beat the world if he wants to.

Why do you run in the mornings?

To develop endurance and keep my lungs and heart going strong and to work out the greatest muscles of my body, the quadraceps of the thigh.

If you are smarter in the game than the other fellow where can you beat the easiest?

On the mat because there is where the real science is shown.

Do you advocate breaking training at any time of the year, No, if a man were to build a fine house and then as soon as he completed it would start a fire in the middle and put it out he might have some pleasure but would ruin his house. It would be the same with a wrestler. He works a year to get in fine shape and any break intraining would be on the same principle and just as foolish.

What about using your legs?

Why not use them? They are the strongest members you have and the cleverest men use their legs as much as possible.

After all is said and done what are going to do?

Get into the ring, wrestle fairly and give him all I have if he beats me I will not do any talking but accept defeat like a man and if I win I will not brag but try to be the man a winner should be.

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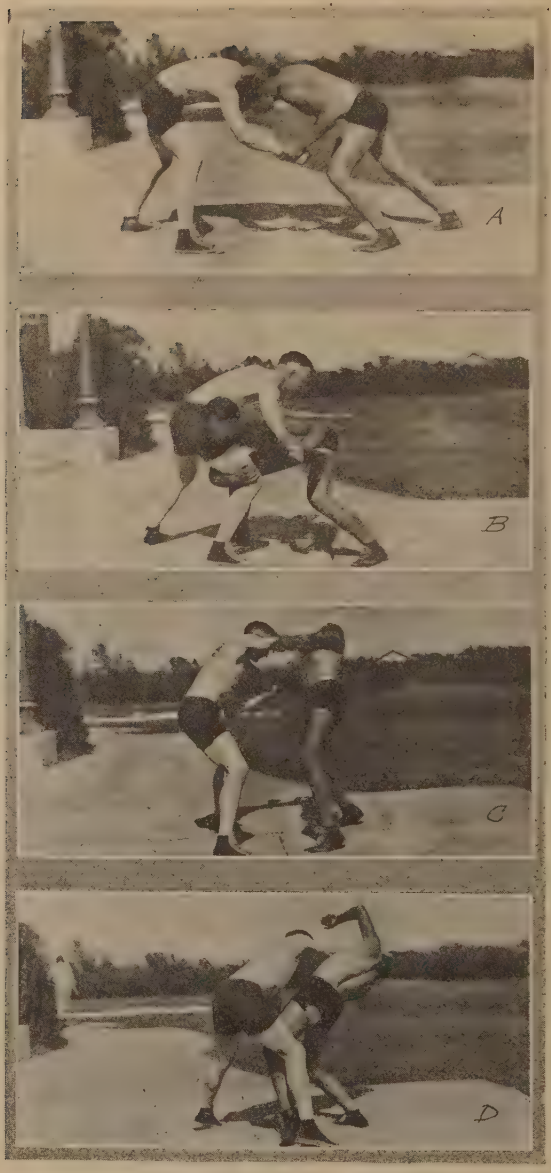
CHAPTER X

STANDING HOLDS GOING BEHIND

The first picture shown, and marked A, shows the standing positions. It is seldom that two men stay apart any length of time. In the picture is shown nearly the proper form. The man on the left has one leg forward and is protecting it with a lowered arm on the corresponding side, the man on the right is wrestling too high to suit me but he has both arms ready to put on his opponent and keep him away. There are two points to remember and they are, don't wrestle so low that your opponent can easily get you to the mat, and the other be sure to keep as low as he does and your feet back so he cannot get to your legs and double leg or single leg hold of any kind.

In the cut marked B, we are showing the first method of going behind, that is by knocking up the arm of an opponent and then duck your head under and continue around behind. The hold is obtained by striking an opponent's arm with the upper arm and when the arm goes up duck your head under and then drop down and take a leg and continue to go behind and hold your opponent with a double body lock. When you get hold as in cut C, then continue putting your left hand on around the body for a double body lock from behind.

The fourth picture marked D, shows a Japanese arm lock. It has no connection with the pictures above and is put here to fill in the page. To obtain this hold you must be in the referees position standing that is have one hand on your opponents neck and the other on his arm and he to have the same hold on you. The picture shows that he has his right hand on your neck. Reach up with your left and hold his hand in the curve of your neck and then reach thru under his elbow with your right and then bending his arm back as shown take the hold called a Japanese arm lock. I call it that because it is shown nearly like this in all books on Jui Jitsu. To bring this hold to its proper finish step behind his right with your right and then force him to the mat and throw your body across his as you go down. Hold to the arm and hook your left leg in his left and stretch him out putting the pressure diagonally across his body always put all your weight on an opponent so he will tire out carrying you around even if you are not putting on any wrestling hold of consequence. As long as you have an advantage never turn loose but before he gets the advantage in his favor let loose and go behind so you will keep him under you.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GROUP TWO, GOING BEHIND.

In this group you see the position gotten in nearly every match when two men are pushing each other around the mat. Take your opponents hand as shown and push him as hard as you can. Work your right arm free and then as quickly as you can drop just a little and take a crotch hold and duck your head under his arm. This is shown in cut B. You now have the arm and crotch hold but haven't gotten your opponent to the mat yet. Lift him off his feet and then slam him off over your head and fall on top for an advantage. You could also pick him up and then turning slightly to the right fall to the mat with your right shoulder in his abdoman and then turn loose and go behind. This is not the best way for you may injure your opponent and win the match with unfair tactics. There is another side to the question some wrestlers saying let the match go rough but this is nearly always a bad practice.

In the third picture marked C, you have another method of getting behind that is not used much but is good. To obtain this advantage proceed as follows: Work your right hand so it will be on opponent's neck or point of his chin then carefully work your left hand free or so you can get to the position shown in cut D, but this comes after you have made several other moves. Give a hard push on the chin or neck to straighten him out and then drop nearly to your left knee and take an inside leg hold as shown. Continue the pressure stepping behind your opponent and force him to the mat with his back to the mat maintaining the crotch hold as long as you can. Then proceed to take any other hold that seems feasible at that stage and try for a fall with a neck hold and crotch or some variation of neck and body lock. It is seldom that you can win by a fall if your opponent is fresh so you should apply your weight correctly and make him work to get loose even though you know you cannot pin him. As indicated in the other information apply your weight to its fullest extent and make him lift your body with every move. This hold may be worked with some variations to get the chin up by prying under it with the back of your right hand using your opponent's shoulder as a fulcrum. You will have to watch and not get your hand to hard on his neck for this is fouling and cutting off his wind. This variation can be worked when an opponent backs in to the ropes to get away then keep against him and you can get the leg.

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GROUP THREE, GOING BEHIND.

Picture A, Group 3. In this picture the man on the left is trying to go behind his opponent by knocking up opponent's left elbow ducking his head under and then to go behind. To work this trick watch opponent carefully and get him to put his left hand on the back of your neck. Put your left hand on his neck in a like manner and be sure that your hand is in position to press over his ear or above his ear to give you the proper leverage on his neck. Reach down and take his left elbow in your right hand and then with pressure exerted to force the elbow and head together duck under the arm instead of raising the elbow too much. The picture may look like the man on the left has raised the elbow but his principal movement has been to force the head and elbow together a weak position for any man to get into. After you have ducked under continue to go around your opponent and behind as shown in the picture B, group three and you are to throw your opponent to the mat with one of the trips as shown in how to throw or bust to the mat.

In picture C, of this group you see a thing that is practiced in nearly every amateur match one man has dived for his opponents legs and is being countered as shown in the pictures. The man on the right is diving for his opponent's legs. The opponent always stands with one arm low if standing anything like straight. Then the man on the left has caught his opponent under the right shoulder with his left arm and is putting pressure downward on his opponent's left with his right and there seems to be nothing left but to go to the mat and under. Picture D, shows the hold progressing and eventually the man on the right will be nearly flat on his shoulders and the man who countered has won an advantage. Many other holds from this position will be shown in head to head problems or when two men are head to head and the referee can not say one man is behind or has an advantage on the other. Another thing to remember in getting the counter to work is to step slightly to the side and allow opponent to charge so that his force is not directed against your legs. In the last picture you see that the man who is coming on top has his body perpendicular to his opponent's and has the greatest possible leverage. All you have to do is to catch your opponent under one and on top of the other shoulder and if you can get your legs to one side he will by his own effort throw himself on his back and you will be on top. Many old wrestlers do not know this trick and it is just the one to use on a team that dives for your legs at the first of every bout.

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GROUP FOUR, GOING BEHIND.

In picture A, group four we have a condition that will come up in nearly every bout. If you are inside a ring it will always come up and if in a ring without ropes it comes often. The man on the right has charged the man on the left and has been able to stay a little lower. He has taken what I call a spanking hold grabbing his opponent just below the large seat muscles. This has a tendency to lift your opponent off his feet and make the hold effective. If he is not lifted off his feet he will have easy time countering you with one of the many things he may do to counter a move of this kind. In the second picture you see the man on the right has a double body lock on his opponent and is trying to break him down and his opponent taking an over hold on both arms and with his hands locked together is pressing in his abdoman. He should get his legs and buttocks as far back as possible to get the best resistance to the double body lock. In picture C, you see the best counter for the hold and one used by the wrestlers who are familiar with Graeco-Roman wrestling. If a man gets a double body hold and is bending you back and you cannot resist him with the counter just explained then you must go with him and at the same time do something to come out on top. Put your right leg in his crotch and with your two arms locked about his fall backward and throw and kick him over your head as shown in picture C. The shock of hitting the mat will disorganize him and since you are taking the initative you will know what to do without thinking it out after you hit the mat. You will have his two arms together and if you will bridge or twist anyway coming on your feet as shown in picture D, you can pin your opponent with the double arm lock as shown. The man with the body holds is supposed to have an advantage but it can be turned into defeat as quickly as any hold I know. One important thing to remember that you must act quickly and that a high bridge immediately after hitting the mat will make the counter a success if you cannot do it otherwise.

Another way to counter the double body lock is to take the same defense and then step your right leg across and put it in front of your opponent's right and trip him almost like taking the hip lock for your hip and leg will cause him to be busted to the mat with great force. Another important thing to know is that the outside hold on the arms places your pectoralis major and minor muscles against his weaker shoulder retractors and when his arms are pinned together he has no strength or ability to counter or protect himself. Do not let an opponent take a double body lock and then try to break it because it may not work. This counter is to be used only in case of emergency and not as method of getting behind only when you have to use it.

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GROUP FIVE, GOING BEHIND.

In group five you see positions gotten only from counter positions. In this group everything you do is figured from what the other fellow will do. In picture A, the men are head to head in the usual wrestling position when one man is holding the other off as the man is who is standing on the left and the other fellow continues to push forward head low. From this combination push forward with all your strength and work your right arm free and try to get it inside of your opponents left with your elbow pressing against his left chest. He will instinctively reach over your arm and with his left try to lock your right inside. When he does this throw your arm backward and outward locking his arm above the elbow and then shift your head from under his right arm to under his left arm. All you have to do is to go behind and then bust him to the mat for an advantage. The secret of being able to do all these things is to keep low. You must be so low that he cannot counter you with any leg trip or arm drag. If you are standing straight up this will not work if he knows what to do. The thing he should do is to keep you straight up and when you take the position as described above then he steps on your right foot with his left and falls to his left side and pulls you under him and on your back. He will also take a body scissor and stretch your head and one arm out making you helpless. I caution you again keep low or the hold is no good.

In picture C, is another combination to be used against the man who tries to manhandle you with pulling and pushing your head to one side or the other. The man on the left has taken a double lock on his opponent's head and the opponent is yielding to the right. You should first yield to a pull of this kind and then resist a time or two. When he thinks he is worrying you then it is time for you to counter him as follows: Resist his pulling and then quickly go with him and step behind his right leg as shown. When you have the left leg behind his right throw all the force you can with your left arm head and trunk to bring him back over your left leg and then fall squarely on top of him and put him on his back. You will then be in position to apply a pin hold or let him roll over and take the defensive position on all fours. Always worry your man as much as possible by holding him on his back as long as possible even if you know you cannot pin him. Always to tangle him up one way or another working on his legs and arms or any way to hold him.

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GROUP SIX, GOING BEHIND.

In picture A, group six we have a hold half way finished showing a method of going behind. This hold is gotten by taking your opponent's right elbow in your left hand. Keep your right on his neck until you are sure that you can jerk it free. Reach over quickly with your right and grasp his arm half way from the shoulder and give him a pull downward and across and at the same time jump around to his right keeping your left leg outside his right and go behind as shown. The main thing about getting this hold is to know when it is possible to work it and then apply it quickly and with all your force.

The cut shown as B, shows the getting behind when you have worked under an opponent's arm. This condition will come about when you can work under him and run him backward to the ropes. Use your strenght in your large muscles of the upper arm and shoulder to give a quick lift outward and upward and at the same time shift your legs around to opponent's right keeping outside of his right leg. Keep the double or single body lock and continue until you are behind. As soon as your head is behind his arm raise it up so he cannot take a head lock and watch that he does not trip your right leg throwing you backward and giving you an arm drag. This position will come up in nearly every bout where ropes are used. It will always come up if you rush your opponent to the ropes and keep under him .

Cut C, shows a little trick sometimes used when conditions are just right. On the left the man has worked under his opponent and the opponent has blocked by taking under each shoulder as shown lifting up and holding the man on the left away from his legs or body. The man on the left has countered by locking both elbows with his hands and then quickly turns the right or left to throw his opponent to the mat who will land flat on his back. A fall is scarcely ever gotten but you can get on top if you take advantage of your position and will release him and turn on top taking a crotch hold.

In picture D, of this group you are getting one of the latest variations known. Stand with your right leg forward and when your opponent takes hold of it then stick your right arm in the crook of his elbow as shown in the photograph and fall backward and at the same time twist to the right throwing opponent's head to the mat. Be sure to kick him in the crotch with your right which will turn him on his back and give you the advantage you are trying to get.

GROUP SEVEN, GOING BEHIND.

The first three pictures of the group are showing a part of the double arm drag. It can be worked with several variations and one or two that may be dangerous to your opponent's arm. Be carful not to apply this hold and turn your opponents thumb out so to lock the elbow joint or you may injure him. Allow the arm to bend as shown and the hold is a good one and not at all dangerous. The first object is to cause your opponent to step forward to brace himself and expose a leg for a leg hold and a go behind. Another thing is to keep at least one leg outside of his right to prevent him from shifting to keep you from going behind. To use this hold grab as shown and give a hard pull at the same time shifting your weight his right side. Trip the right foot with your right or you may drop to your knee and then throw your left hand over his back as shown in the second picture. Both of you will go to the mat so you must rely on your ability to keep going and come out as shown in the third picture. Your left arm should be put between his legs to pry on his left thigh and keep him from turning toward you and at the same time lock his right foot and lower leg between your two knees and you will always have him at your mercy. In the fourth picture you see what will happen if you don't keep your legs outside of his. He will shift and counter you and will land on top and across your body and you will be under instead of your opponent. If this should happen think quickly and fall flat on your back and at the same time kick him high over your head and turn face down on the mat and you will come out behind and on top. If he is a finished wrestler he may know another variation of hooking his leg in yours and will flatten you out if you are not careful.

You need not be beaten even if all these things happen. Grip the leg between your legs with your two knees and then grab the arm on the same time and roll in that direction. Taking this hold from every angle it is one of the best methods of getting behind. Always apply the pull downward and if the leg does come forward then take it if not proceed as shown in the picture and put this on fast and know every counter and leg combination. Practice about fifty times before you try to use it in a match.

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GROUP EIGHT, GOING BEHIND.

In this group have a counter hold shown that will be of value to you in nearly every match. This is to be used on an opponet who tries to manhandle you by jerking you from side to side or pull you about the ring. If your opponent tries these tactics let him take one of your arms and resist the first pull or two and then as he increases his pull on you step behind him as shown in the second picture B. You will note from the cut that you have permitted him to pull your arm across his body to be used later to push him backward. Reach downward quickly and grab his opposite or fartherest leg and continue to push him over backward using the arm and chest to push him with all your force. As he falls to the mat a victim of his own trick always throw your legs free of his and keep your body perpendicular to his as shown in the cut D. Any hold that may be applied is applied with greatest force if your body is perpendicular with your opponent's To finish this movement and win by a fall reach your right arm around his neck and grab his left shoulder with the fingers of the right hand. Spread out on him stiffening the body and take a hold in his crotch with your left and start pulling him so all his weight will be on his neck and shoulders. Shift the weight on your body so to keep him from going from one shoulder to the other and every time he tries to bridge with his neck give him a twist from one side to the other to make two forces break him down. You might take another pin hold passing your right over his left shoulder and around his neck and hook it over his left shoulder and apply and arm lock to keep him from rolling or apply a reverse double wrist lock on his right arm, or you can use a crotch to pull him up on his shoulders and neck at the same time applying your weight to the greatest advantage. The accompanying cuts shows one of the cleverest methods used by amateurs to get behind. First let yourself be pulled and then quickly proceed as shown in cuts.

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GROUP NINE, GOING BEHIND.

The hold and trip shown in the first cut A, may be used either as an offensive hold that is taken on your opponent from standing or it may be used as a counter when he gets behind you and you are still on your feet or when you get to your feet after being down on the defensive position on the mat. It should be practiced as a possibility from the three positions. Grab your opponent's left wrist in your left hand and then turn quickly to your left pulling the arm around and at the same time a double wrist hold from standing and do not use as a wrist hold like the double wrist lock but use as an arm drag. Continue to turn until your left hip is touching his abdoman. Kick your left leg inside his left and with the pressure from the inside kick his leg and turn and pull him under. Just as he hits the mat kick your legs free and fall perpendicular to him lying across his body on his chest with a double wrist lock on his arm as shown. A good finish is to scissor one leg and apply pressure diagonally across his body for a fall. Try this hold only as a defensive hold until you have mastered it and then you may try it as an offensive hold if you wish. The picture marked B, is the first of the series of three showing what I call a Japanese leg trip. The hands are not used and only legs are supposed to take a part. Squat slightly bending your left knee only slightly. Then step in front and inside your opponent's left with your left and start your right in a big horizontial sweep. Continue until your leg passes around behind as shown in cut C, and at this time should have great speed. Strike him hard on the back of his calf and knock his knee forward. The leg pulled forward has a tendency to turn him away from you but you should keep the arms ready if needed to make this a possibility. Run your left leg thru hard straightening it out with much force and at the same time turn face downward and come on top of him and behind. Much to your delight you will have done what seems impossible. It is always best to continue your practice until no matter what happens you can always get away or get the best of an attempt at a hold like this.

Use this hold on a man you have difficulty in getting to his arms and body and one who is always pushing you away from his head and wrestlers medium straight up. A man wrestles too low for you may come on top. If he does use the Japanese leg trip by rolling to the same side of the leg you have between yours and holding the same arm with both of yours. This position destroys two legs of the table and he will be rolled under you.

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GROUP TEN, GOING BEHIND.

In cut A. we show a possibility that comes up in nearly every match. You see a man on the right who has charged in trying to get the under hold and the man on the left countering with a cross face hold or this is sometimes called the front chancery. He is also blocking with his right arm to keep the man on the right from getting his legs. To work this hold reach over his right arm with your left after quickly releasing the cross face hold. Then step in front of his right foot with your left and holding a terrible grip on his right arm and a good pry on his left fall to your left hip and side. He will be pulled under you because both legs of the table have been destroyed and he cannot resist your pressure. As he is falling thru the space to the mat you must think what you are going to do to stop him. Quite often the under man is thinking and continues the roll and comes out on top in the end. Throw your right leg hard over and across his body spreading out as wide as you can make yourself to check him momentarily. Clamp both legs over his thighs hooking your toes in his calves and straighten out hard. You really have an under hold on his left arm then take a combination head and arm hold and straighten him out laying your weight slightly to his left shoulder he will be pinned if applied as directed. Learn to shift your weight from side to side and anticipate any move he may make to escape and beat him to it just enough to pin him. I consider the position shown in cut D, one of the best in holds ever invented and it can be used with many turns and rolls coming from other positions. Be mentally alert and if anything shows up take it. It is always a good policy to learn what to do from a certain position and do it so often that it becomes reflex with you then when that position comes up in a match you have taken advantage of it without reasoning it out and before the other fellow knows what is happening. This hold can be countered watching the other fellow's left foot and at the exact moment he starts his movement jump wide to his left side and flatten out on him. After he gets his foot as shown he will always take you to the mat whether he will be able to hold you or not. Always try a hold of this kind where so much depends on whether you can grasp an opponent arm, in the first part of the match. When you are covered with sweat all holds fail and the best of them seem to be worthless. After a match reaches that stage it is up to one man to wear the other out some way or another.

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GROUP ELEVEN, GOING BEHIND.

I really hesitate to put the head lock in this book but must show it so you will know how to counter it. The first picture marked A, shows the proper points when applying the headlock from standing. There are three things that go together. The headlock and arm drag and the trip to get him to the mat. As shown in the first picture take the head lock and then reach across with your free hand and take the arm just above the elbow with your thumb and forefinger and grip and pull across the same way you are pulling the head. At the same time try for a back heel as shown and trip and try to stop opponent on his back. The pictures marked B-C-D, show what you should do if an opponent tries the head lock on you. If he gets your head pried low then reach your hand down and in his crotch and shift to the side so you cannot be pulled down to the mat. Take opponent's elbow in hand and push it off over your head and at the same time slipping your head out from under his arm and go behind him taking the double body hold. If he tries the headlock and is fairly straight up when he applies it counter him with a face hold as shown in the cut marked C, and then at the same time reach through and take the opposite leg and bust him to his back to the mat and try for a fall with some pin hold. Very often your opponent tries the head lock for punishment and will sit back to twist your neck and blind you by cutting off your circulation to your head. If he is any kind of position like shown then reach thru and take the opposite leg picking him up and slamming him to the mat on the back of his head and neck. Any man who tries the head lock knows that he cannot pin you once in a hundred times so bust him hard he is trying to hurt you. The impact will break his head lock and leave him on his back you will have a good chance to pin him if you act quickly. Remember again that the head lock is only good to wear an opponent down and to injure him and in an amateur match the time being short it will never win you anything. This one hold beats more amateur wrestlers than all other holds combined. Another point to remember is that when pulling your head out of the lock allow the part next to his body to slide rather than trying to pull your head out by sliding his bony forearm over your ears which will tear the skin and bruise them. There are three ways to apply the lock for punishment. The bone of the forearm called the radius and this is the one along the thumb side is pressed just under the cheek bone at the eye tooth. It may be placed just in the outside corner of the eye or it may be applied so the knuckle of the thumb or first finger is pressed in the eye socket.

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GROUP TWELVE, GOING BEHIND.

After you have wrestled for several weeks you begin to feel that there are positions and tricks that your can work better than others. The first two pictures show the double elbow lock. This is a hold that might be worked on you and you couldn't work it unless your arms were long. When working into and under a man be sure to keep your arms down so he will not be able to lock them as shown in cut B. If you happen to be the top man then try if the opportunity presents itself to get his arms locked as shown. If he has arms locked try to break the hold before he gets you to the mat or you will be pinned. If you are the one getting the hold step to one side and drop all your weight on his back and when he gets down on the mat then work one side to get the best pry and force him over. Don't work in haste and when you feel him yielding let him tire out some. If he does get loose then you can finish him with another hold shortly after. The rule to follow is not let your arms be pinned back and pin the other fellow's if possible. This hold is nearly a sure winner if once applied.

The holds shown in the two bottom pictures are variations seldom used or heard of. The combinations are developements of the reverse half nelson. When two men are working head to head one or the other is usually the highest. The under man is trying to work under and take some leg or body hold and the top man is trying to get around behind. If the top man proceeds as follows: Reach your right hand under his left arm and work your hand palm down over the back of his head and neck. Always take the longest lever. I mean keep the hand well out on his head and not short on his neck. If necessary use the left hand to push down his head and start him. After you have broken down his resistance reach the left hand as shown in cut C, and try to get a hold in his crotch taking the farthest leg as shown in cut D. When this point is reached then throw back your legs and straighten out hard getting the greatest leverage possible and you will find that he will turn on his back and you will have a neck hold and a crotch hold to continue and pin him. It will pay you to study the reverse half nelson pretty thoroughly as it is a coming hold and used at this time by the better class of wrestlers with great success. It will be valuable to stop a man from rolling. As an example you may have a man in some kind of a lock and he starts to roll free. You are at his side and all you have to do is slip on the reverse half nelson and stop him and roll him back into the hold mentioned above. Don't get down in front and let the other man get the under hold if you can help it but if you ever find yourself in the top position it is well to know what to do and do it quickly and properly.

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GROUP THIRTEEN, GOING BEHIND.

When you are standing facing an opponent quite often you will step back and then come together to resume wrestling. When an opponent steps back and then comes forward make a motion like you are going to grab him high and then dive for one leg as shown in cut A. This is called the single leg tackle. Never dive for an opponent's legs without first knocking up his arms or making a feint so he will throw them up to protect himself. If you do dive without the above precaution he will counter you and you will find yourself on your back. This counter will be shown in another cut showing a tackle and countering by putting one hand under and the other over the other shoulder. The important thing about the single leg tackle do not be in to big a hurry to get hold of the other leg or to change your position. Hold tightly to the leg and force it down until your opponent goes to the mat as shown in cut B, and then start crawling up the leg to a better position and then take a pin hold of some kind. You will find that your opponent will invariably turn face down on the mat and then you can get on behind and use a riding hold as shown in another chapter.

The hold shown in cut C, is a very clever variation of the double wrist lock . You do not take the wrist at all but the lever on the leg to gain the advantage you get when the wrist lock is used. If you are wrestling an opponent who gets your leg up be sure that he has to take it between his legs. Then you can stiffen it and he cannot raise it higher than his crotch and he cannot throw you to the mat very easily. You should slip the right arm over and outside his right and take a hold in his crotch or on his leg. Be sure to keep your left leg free. Stiffen your arm and fall sitting on the right hip and pulling his head to the mat. You will be able with a little practice to get the feel of the thing and know when to apply the pressure. When his head goes to the mat he will release his hold and you will have no trouble putting your left arm around his body and behind with a double body hold and an advantage.

You will find this variation one of the cleverest methods of getting behind even your opponent thinks he has you ready to flop. It is used from under if you are on your back and can reach through as indicated and then pry backward. The pressure is the same as the double wrist lock as far as turning the body is concerned. Really you have to try the hold to appreciate it as it is a good one and a few years ahead of ordinary wrestling.

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GROUP FOURTEEN, GOING BEHIND.

On this group we start on the most important series in the book. I call it the head to head series and it solves many problems that confront every wrestler and coach in the game. Many professionals would do well to adopt some of these variations. When head to head always try to keep low and then let the other fellow get under you. This is not always possible and when he gets under you be careful not to take the hold as shown in cut A. This is the double body lock from on top and front. If you do then he will counter you with the double elbow lock as shown in the cut marked B. If you happen to be underneath you are the fellow to counter grab above both elbows with your arms locking tightly before you make any other move then turn over on your back and if you can hold your opponent then he will be flat on his back. This final position is shown in cut C. If you feel like he is getting away from you turn quickly to the right or left as the case may warrant and take a crotch hold and then shift to any other position that looks best. In the last picture marked D, is shown what might happen and what you might do if the case came up. The problem is when you are head to head and the under man gets to his feet and the top man takes advantage of his position to give him the back heel. The man on the right may be injured as this trip is very hard on your neck and many times I have known men to get their necks hurt. The instruction you should get is that when on the under side never keep your legs close enough to your opponent that he may give you the back heel and if you happen to be the other fellow don't trip him as you may injure him even seriously. If ever you studied positions study these on this page and those that follow on the same problem. Hundreds of times I have seen men if they had known of these positions the match would have been theirs and it would have been done easy. As it was they didn't know what to do and the match was a draw or they lost to the other fellow.

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GROUP FIFTEEN, GOING BEHIND.

In this group we continue the head to head problems. In the pictures on the proceeding page we took up some of the first positions and on this we will try to solve some of the better positions. I have listed the positions in their order of importance according to my ideas. In college wrestling many times the men go so low that there is no possibility of getting to their legs and the match resolves itself into a bulling match. If your opponent gets to low for you solve the situation by pushing his head to one side and then take his left calf in your right hand and a cross face hold with your left and go behind.

In the second picture marked B, is shown the proper position to take if you have the upper hold. With your left arm to the right side of opponent's neck reach through and grab the left elbow. Put additional pressure on opponent's left elbow with your right. When you break him down then reach quickly for a rear crotch and go behind. You will see if you hold his arm he cannot counter with a body or leg hold with his left arm when you start behind. But all positions head to head are not so easy he may get to your legs as shown in the picture marked C. If he does then you know what to do and I have listed them in order of importance. If he has a double leg hold his head will be to one side or the other. Resist him and reach thru and take the opposite cals and break his base of support down as shown in the picture marked C. This picture marked C. This picture is not exactly correct for it shows the mans head coming through to this side which should not be permitted.

It is not always possible to do the right thing at the right time for the other fellow is working to keep you from doing that thing. Then in picture we show what I call chance three and it is reaching and taking the leg at the ankle and first pulling it to the side then lift and turn opponent over on his side and by using a cross face hold you can be behind and on top before he can recover. In all these positions you must resist your opponent with your legs and body with all your force. In all high school and college meets you see these problems coming up in every match and I consider the head to head problem the most simple problems we have when it comes to getting behind.

GROUP SIXTEEN, GOING BEHIND.

Continuing in the two preceeding pages we have additional problems on head to head. When you have tried numbers one two and three and still your opponent keeps closing in on you and you want something as nearly last resort try the hold shown in the top of the page. This is to be tried when your opponent is working under you and getting you to a sitting position as shown on the left. Reach through and lock your hands together through his crotch as shown. Heave to the side his head is on and putting all your weight on him, turn him under you and get behind as soon as possible. There may be a possibility of using a pin hold but don't take any chances unless you need a fall to win.

Still we have a more difficult problem. Suppose your opponent keeps working under you and gets you nearly flat. Counter by reaching your right hand under his left shoulder and through to where you can lock your two hands together. This has a pry that will tend to turn him over on his back take your leg right or left but preferably your right for the position shown and kick him over your head. You will be able to land astride him with a double body scissor and a good lock on his arms and his head pried up so you can pin him. The finish of this hold is shown in cuts C and D. group ten of this chapter.

Study all the holds in the last eleven pictures as a separate group as they are most important and are designed to solve one of the most important problems that comes up in amateur bout. What are these holds to teach? They are to get you behind your opponent and you never want to give up under any circumstances if there is the least chance that you can come out. Of course always let loose and turn face down before you are gotten in position to be pinned .

Of all the holds ever developed at Oklahoma A. and M. College these last three pages are the most used and I have seen what was an apparent loss turned into victory by trying all the holds in order and maybe gaining a victory with number five. Remember to that the cross face hold will get you out of difficulties when an opponent tries for your legs or gets one when head to head.

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CHAPTER XI

GROUP ONE, TO THROW TO MAT

After you have gotten behind your opponent you may find that he is still on his feet or he may rise quickly when on all fours. To bust to the mat in an art in itself. I am showing a few standing positions that will work. There are many others but for reasons of their being dangerous they have been excluded. The first position is shown in cut A, and shows the proper position for both wrestlers. The man behind has his feet well spread and is hanging on and low behind. The man in front is leaning forward with his arms forward ready to counter if an opening shows up. Always lock your hands around an opponent or he will pull them apart and turn out.

In the picture marked B, we have the lift and bust to mat with the combination waist lock and crotch. The crotch keeps your opponent from slipping in your grasp and by getting a low hold his head will turn and fall toward the mat and will make busting easy. Don't try to break in the gymnasium floor with your opponent however wrestling isn't a ladies game so don't carry him around the mat looking for a soft place to lay him down. I always say put them down pretty hard and they will respect you when you are behind them.

The third picture marked C, shows a good method of getting an opponent to the mat by putting all your weight and then tripping quickly to the right or left as the case may be. In this case the man tripped with his left and the man in front is reaching out his hand to break his fall. To do this right throw all your weight on an opponent and then when he staggers under the weight trip him and pull in that direction watching that he doesn't shift his legs across and fool you. Always keep one leg free. Notice the right leg is free and ready to throw up so opponent can't fall across you.

In the bottom picture marked D, you see a method that will work sometimes when both are tired. You have a man you can't pick up and you are sweaty and tired, then hang on with all your might and when he staggers drag him down and get on top. Every time he gets to his feet hang on and make him carry you around the mat and then finally drag him down. About three or four times will tire the best of them and you should be able to ride him after that. In trying this hold do not try to get too low or he may turn in your grasp and face you and then get away.

GROUP TWO, TO THROW TO MAT

If a man stands with you and you cannot lift for a bust to the mat then put your right or left foot as the case may be in his knee and break down his support taking particular care not to injure the knee. We have had many men injured by the hold being applied to hard. This will work equally as well on one leg as the other using the right foot. If you cannot use the foot then strike him in the same spot with your knee and when he staggers put the weight to him and get him down.

In the second position marked B, you have the usual method of getting an opponent to the mat but this will not work always as some coaches have worked out a defense for the position. If it is worked quickly it will do the work on most any person. With your hands locked drop down and back and pull our opponent to right or left and at the same time use the foot of the same side to which you pull. If you pull to the left trip with the left foot or merely put it against their heel so they cannot shift their foot backward to prevent losing their balance. Pull and twist opponent under you with the same movement and watch they don't turn in your grasp.

In the third picture marked C, you have shown a position where the man behind shifts and steps across with the opposite foot and then causes his opponent to fall over the leg. I advocate holding on with both arms and not turning loose with one arm. The shift must be made quickly and then pull opponent squarely and keep your shoulder in his short ribs and regard less how he falls you should go down face downward.

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GROUP THREE. TO THROW TO MAT

There are many problems coming up so will try to solve some of the common ones. Sometimes a man will sit back in your grasp and with his feet apart will defy you to bust him to the mat and you will find yourself carrying him around the mat and his wearing you down. If a man sits back the way to break it and to get him to the mat is to slip your chin over his shoulder looking out for the double hold and then cause him to lie flat on his back because you press your chin on his shoulder and he has no support will fall backward. Come around to the side and then get into position to get on top or behind. Always reach for a crotch hold and regardless what he does he cannot get away unless he breaks your crotch hold. A cross face hold will break any hold he may get on your legs as you try to come around and behind.

In the second position is shown what to do and what to look for when opponent stands. This is what I call the switch. Because one wrestler has the advantage and then the man in front switches to the top position and the advantage is reversed. If a man reaches for your leg as shown drop to the mat on that side. In this case shown the man behind should turn to the left and fall with opponent in his grasp. The man in front wants to manipulate his position so that the man behind cannot shift and then with pressure pull and turn to the left and force his opponent's head to the mat and put his arm in a pry so he will not have any strength to resist. This position would be good if the man in front turned and put his left leg between his opponent's and then held the crotch hold and fell backward try them both they are clever holds.

In cut C, you see a man grapevining the leg of his opponent who is trying to lift him high and bust him to the mat. If an opponent tries to lift and bust then grapevine both of his legs outside and then if necessary release your grapevine to catch yourself before he can throw you. At the same time it will be hard on the man behind to try to lift himself.

The man behind has gotten careless or the man in front has shifted his feet and he is astride one of opponents legs. He is reaching down and picking up the foot and will bust the man who is behind to the mat. This position is simple and scarcely ever used but sometimes the good men get into this position and get the positions reversed. Study this hold from all angles.

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CHAPTER XII

GROUP ONE, HOLDOWNS

This is the second series of photographs showing the different wrestling positions. We have been standing up to this stage of the game and now one or the other is on the mat with the other on top. There is a fixed starting position and that is shown in cut A. The position is described as follows: The under man is to get on his hands and knees and must remain until the referee says wrestle. The top man is limited to the holds shown. He can reach one or the other around the dody of his opponent and rest the hand on the inside of the thigh, the other hand must rest on the upper arm of his opponent between the elbow and shoulder. When the referee says wrestle then either may change his position to suit himself.

The best hold to take immediately after the referee commands you to wrestle is what I call the leg pry. Lock your two hands together and with the forearm of the left arm prying on the opponent's left thigh try to break him down and get him off his balance. From this position you may work into most any hold that you may desire to try. If you are unable to get any hold then hang on and keep him down under you and ride for a decision. Put all your weight on him and tire him. Your forearm cutting into his abdoman will tire him quickly and will be a source of great worry to him he cannot shake you loose to get to his feet and escape from under.

Along with our regular line of attack I say always try to destroy one of his supports or one leg of the table. The first thing to do is to try to get an arm back so in the picture marked C, you show what I call a bar arm or arm pry. From position B, you reach forward quickly and take opponent's wrist and jerk it back so you can grab it with your right hand. You are on your opponent's back with all your weight on him and have his left arm locked back holding it with your right hand which is under his body and with your left which is shown in the picture.

Another variation shown in cut D, and is a variation of the bar arm. In this position your left arm is thrust through the crook of your opponent's arm and using this as a pry and holding him with your right arm around his wrist try to ride him to tire him and win a desision by being on top. If he tries to get up push forward to keep your opponent from getting his balance and working his one arm that is on the mat for support. Learn these rides and try them out so if your opponent slips from one you can get another.

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GROUP TWO, HOLDOWNS

The first picture shown and marked A, in the group is what we call a bar arm hold. The left hand grasps your opponent's wrist and by bending your arm at the elbow it will be used as a bar and will keep the arm back under your opponent and destroy one leg of the table and throw him off his balance and make him work to keep his body off the mat. By placing your weight pressure forward it makes an opponent work twice as hard as you do to maintain balance and do anything to escape. The extra hand on his hand makes it easy for you to ride him and keep the arm back at the same time. As long as you can keep the arm back he cannot get to his feet and will not be able to start any offensive and will be fighting for his life.

In the second picture marked B, you see the proper position for the under man to take and the method of getting his arm free. As an opponent gets your arm back do not let him hold it close to your waist but grab the inside of your thigh. When you can throw it out to the side and around in front making a sort of sweep with it and you will be able to get the arm free.

One of the greatest holdowns ever invented is shown in cut C. This shows the double body lock with your left shoulder planted in your opponent's short ribs to pry him down to the mat. To get his hold reach around opponent's body with one hand and arm and lock the two hands together. Pry on one of his upper legs to break him down and put all your strength in gripping him and sinking your shoulder in his ribs. When he tries to rise to his knees put all your weight in the direction of the leg that is broken down and pry all the harder in the ribs and he will be held to the mat and cannot escape without a very unusual expenditure of energy. Notice what is being done with the knee of your inside leg keep it well against his thighs and pushing forward. This seems to solve the situation for the top man and if he keeps the leg as shown the opponent will have a hard time to do anything to worry him.

In the fourth position marked D, you have a special ride that will worry most of the good men. This ride is devised to take care of the man who is strong in the shoulders and weak in the legs. If your opponent is of that type try what we call inside and outside leg holds. Work on nothing but the legs and try to pry the opponent over to the left. Keep the weight of your body on him and the position you are trying to get him into is on his left hip and side. After you have worked on his legs a while then you can try for some head or body hold and pin him. Or you may want to ride for a decision not trying to pin him at all.

A
B
C
D

GROUP THREE, HOLDOWNS

Most of the holdowns shown on this page are of advanced type. In picture A, you see one of the best used in amateur wrestling. You work to get an opponent's arm back and then immediately put all your pressure to throw him over on his left shoulder. When this is accomplished hold the arm as shown and put your weight on the upper arm by placing your head just above the elbow. The position the arm is in keeps, your opponent's head turned away from you and he cannot exert much strength to get away. You are to ride as long as possible and try to tire him by letting him nearly escape be not quite. If you hold too tightly he will not try to get away and you will tire yourself down as much as he is tiring. Always keep your knee well up against him and keep pushing him forward and to the left.

In cut B, you have shown a hold that is considered illegal and is shown and explained here to show officials the positions and to show the wrestlers a hold that has been under discussion. Whether you have a body scissor or not makes no difference this hold is illegal and a punishing hold only. This hold is called the stretcher and can be applied with or without the body scissor. The arms are pulled out in front and then lifted and at the same time your weight is placed on the opponent's back to hold him flat. The shoulders lock in the joints and the effect is that the muscles of the chest are pulled apart. Both shoulders and your shoulder blades are pulled together behind and much injury done. It is not a wrestling hold but one to punish an opponent. Don't permit its use on your men.

The hold shown in cut C, is a variation of the stretcher it is called the double bar over head may be applied from in front or behind. The effect is that the two arms are stretched in the shoulders and that the arms are locked over the head and you are helpless. It is not a pin hold so nothing but punishment can come from it so do not permit its use. It is shown here with the figure four scissor or the hook scissor.

The next cut shows the hook scissor and how to apply it. On all positions try to get into the diagonal position. I mean if your leg is hooked over his left leg hang on with all your power to his right shoulder and then by using a pry cross his face he can be made to roll where and which way you like. This is a pin hold and one which if applied properly will wear an opponent down to complete exaustion in five minutes. The man with the hook scissor could apply a half nelson with his right and pin his opponent in some cases.

A
B
C
D

GROUP FOUR, HOLDOWNS

In cut A, you see one of the best tie-ups ever known to hold down an opponent and render him helpless by making him so tired he can't do anything. To work into this hold you first get one arm back into a bar arm position and then get him to the mat and flattened out. When he reaches back to break loose then take other arm and hold it in a bar. All your weight must be on his shoulder blades. In his efforts to get up he will shift about and then you are to clamp on a scissor on his lower legs and keep his elbows well out so he cannot roll over and ride a decision and after your time gives you that then try for a fall by shifting to some other good hold and working hard .

The second picture shows the double bar arm at work and how to place your weight to make an opponent tired. Get both arms back as shown in the hold above and then put all your force on his back to keep him from breathing deeply. Keep your weight placed just right and when he tries to get his arms free press a little more forward and hang on. After a short while he will tire himself out trying to get loose and then you can shift to something and pin him. From this position always try the half nelson and keep the bar on one and you will win a fall, all things in your favor. A long armed man can use such a hold better than a short armed one of course there are exceptions.

In cut C, we have shown the most modern hold known and named by some as the cross scissor ride. You may scissor the leg body or both but you maintain a cross position and your opponent must carry your weight around wherever he goes. No man can do this very long and not be thrown. Study the picture and then try it out but don't be dissapointed if it takes two weeks to learn it. Then it must be practiced on long and short opponents. The double lock from behind is worked in connection with the scissor position in this picture.

In cut D, you see a double lock from top position. If your opponent should get on top of you still hold your position and you will have a double wrist lock from underneath so you can use it to escape from under. In the picture the man has a scissor on the far leg like in cut C.

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GROUP FIVE, RIDES

In the pictures on the other page you saw the cross scissor ride when you were on top and your opponent was on all fours. In this first picture it shows him on his back trying someway to get out from under you. It makes no difference what position he gets into you still have the advantage until he breaks loose from you foot or arm lock. When he turns on his back to roll you off hook the toe on his shin and apply the half nelson. He cannot turn toward you and he cannot turn away so stay there and ride him. You can use face holds to break away or turn him over where you want him.

In cut B, you see the other view and it shows how to hold on and how to hook your leg. Remember you are holding over and around under his right shoulder. The arm hold to keep him from turning to the left and the leg position to keep him from turning to the right. While using any of the variations of this hold you are riding for a decision and to tire him so you can beat him by a fall. This hold is highly developed in the Western part of the country and is not used much in the Eastern part. I consider it the best ride to win or loose with. It will generally beat one of you and for a fall. No man can carry on his back the weight of his opponent without losing strength and if he gets loose you will lose by a decision. There are some wrestlers who can break this hold but nearly all fail to.

The third cut shows the cross scissor ride with a variation of cross face hold to help wear and break down an opponent. If this hold is taken it destroys one of the arms and makes it double hard to keep balanced. Any position that makes it hard on an opponent will wear him down and beat him in the end. This hold puts a severe twist on your opponent's back and puts him in position so he cannot extend himself in any way. If you are about to fall off you can throw your right leg over and take a body scissor and the hold can be used from a scissor as well as from any other position.

In wrestling here is one part you had better remember. Your first object is to destroy a leg of the table and get one arm back. If you have a man and you cannot get his arm back to a bar then proceed as follows: Reach around his body just above the hip with your right and reach clear through. Lock your hands together and with your left forearm prying against his left thigh destroy one of the legs of the toble and break him down. Put all your weight on him and when he tries to get up he will reach back to get support of the left arm. Grab this hand quickly and strike the elbow with the head and bring his arm back as shown in a previous cut in group 3 and marked A.

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CHAPTER XIII

GROUP ONE, ESCAPES

You have learned how to get behind, bust to the mat and how to ride so we will now take up the different methods of escaping from under. No matter how good you are sometimes you find yourself under and if you don't know escapes you will stay there. The simplest of all escapes and the best known are the winging tricks. Winging tricks alone are no good but when combined with leg tricks are very clever. This is the first publsihed work on leg and arm combinations of this kind. In cut A, you see the under man trying to wing with the right arm and tripping right leg with right leg. All he has to do is to fall to the right and kick loose and come on top. I tried to make it plain so have added a second picture on this variation to show how opponent looked after the trick. Notice particularly the man who was under has hooked his toe on the other fellows leg and has not kicked loose. He will kick it loose turn toward his opponent's crotch and come on top. The secret of this trick is that both legs of support on one of your opponent's side has been destroyed so it takes no effort to get him to the mat.

There are four variations given here. Wing right, hook right toe hold right arm in left and hook right toe. The under man can hook his left to with both of the above combinations instead of his right. In cut C, the man under has held opponents right hand in his left hooked his right toe and fell on his right side the second of the winging series. All he has to do is to turn to the left and take a crotch hold with his right and then take some kind of a face hold on his opponent to break any hold he may have gotten on you while he is turning.

In the fourth picture marked D, you see the greatest winging trick known. The trick is winging left and using a right crotch kick to get opponent off balance and then before opponent can recover you are to turn and get on top leaving your opponent wondering how you did it. An ordinary wing does not work on any fair wrestler but one of these tricks will put the best of them out of position and sometimes get you out from under and on top. Remember good wrestlers make as many as five moves to get where they want to be so the wing may be only one of a series to get another combination. As far as I know this series has never been published in any form in all probility its value will not be known to many wrestlers.

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GROUP TWO, ESCAPES

In this first picture marked A, you see another of the series holding right hand in left and tripping from the inside your opponent's right. As soon as you reach this point then unhook your left toe and turn to the left and place your right hand in opponent's crotch and use face holds to break loose from any other hold your opponent may have on you.

Sometimes you have a man on you that insists upon holding tightly with both arms and has his legs so far out you cannot trip him then try this little trick. Wing both arms and dive over on one shoulder turning on your back pulling him under you just as he hits the mat and you feel him jar shift your legs across his body like it is shown in picture C, and pin him with a double arm lock. You can see in picture C, you will have both of his arms locked in yours and can straighten out and put his back to the mat.

In the picture marked D, you have one of the best escapes ever known and if applied properly will get you out frim under in a hurry. To apply this counter or escape sit up but not to straight and shake yourself to slip opponent's grasp up high enough so his chin will slip over your shoulder then reach up quickly and take the head in both hands and pull his head under you. Notice this one point if the man under had leaned to the left the escape can't work. If his head is on the right side of yours then lean to the right when you pull him under and if on the left lean to the left. And another caution do not sit to straight up or lean back or he will counter with the hold as shown in group 3, picture A, of the series "How to bust to mat."

A
B
C
D

GROUP THREE, ESCAPES

On this page we will take up their positions in picture A, is shown an escape, in B is shown an escape and in the two bottom pictures is a third escape. If your opponent does not lock his hands or locks them in the middle of your abdoman reach down and tear his hands apart at the same time throwing your feet in front, hold tightly to his hands and using him for to rest your head against throw your body forward and turn right or left to unwind either hand that you might not have been able to pull loose and stand or spin out in front facing your opponent. If you cannot work this from sitting get his hands apart like they are shown and then get to your feet and while running around the mat pulling and jumping you will be able to shake him off. This position from standing we have named the "Gallopin Donkey." From sitting it is called "Pulling opponent's hands apart and spinning out in front."

In picture B, you are the under man and are held from turning to the right because he is holding you with a half nelson and under your arm and he is keeping you from turning to the left with the leg hold. To break this combination you have to break one or both arms to get loose. To escape first sit up as shown and lean slightly toward the half nelson to maintain your balance, then reach down with your right hand and take his right loose from your right and then quick as a flash turn to the left and unwind his left arm from its position and at the same time throw and hold his right from your body.

In the third picture you see the beginning of a combination that will work provided your opponent who is on top will do certain things. Sit up and move around in opponent's grasp looking for an opening. Watch him closely and if he reaches either arm over your shoulder grab the opposite hand and turn toward the arm that is over your shoulder. You see the result in the fourth picture marked D. You will escape and both will get to your feet. You will find as you develop as a wrestler you have to anticipate the moves of your opponent and then when he gets into the position you want you can act without stopping to reason it all out and maybe telegraph what you are going to do. If you let your opponent know what you are thinking of doing you will never get anywhere. All of your wrestling must be done figuring out positions and then acting when he reaches the place you want him . Practice all these holds at least six times and for the reason study how you produce reflexes etc.

A
B
C
D

GROUP 4, ESCAPES.

Take the case of a man who is trying to get your hands and comes out like the picture marked A. In the series below the four pictures show the development of the headlock from under the arm lock combination and how to pin with the head and arm lock in combination with an arm scissor which throws your arm into a Japanese arm lock.

In the first picture you see the position the man on top working too far to the front and getting ready to take your arm to pull it back. You reach across and take his right arm at the wrist in your left hand. Give it a quick jerk and at the same time raise your right arm high and swing on a hard head lock. In showing the head lock from standing I told you that it was not to be used as an offensive hold so we are using it here as a method of escape to get out from under and maybe pin a man. In the second picture you have just clamped on the head lock and have the arm drag ready to go. The proper method of holding the arm is to grasp the arm just above the elbow as soon as you can get the arm under you. Your thumb and fingers holding the outer and inner projections of the Ulna bone of the forearm. Jerk him under as in the picture C and apply all your pressure. This will not pin him so when you have him secured reach out and take the hand of his right arm and stick it between your legs prying the arm as shown. If the arm is kept straight you will have a joint locking trick and a foul hold so throw the hand upward as shown into a Japanese arm lock and a professional pin hold. The getting of the arm in the scissor will pry him over and on his back for a fall. He will be clawing at your face and maybe try to get a head scissor on you so look out and keep your head forward and if he claws tighten up on the arm in the scissor and make him be good.

A
B
C
D

GROUP 5, ESCAPES.

At nearly every meet of any importance we see the ride as shown in picture A. This hold has been used all over the U. S. with success so here is the best break I know and one devised to protect our men from the hold. As long as the man on top holds your two legs as shown you can do nothing only tire yourself out trying to break loose. The leverage he has he will keep breaking down your support and you will get nowhere. It always takes a little nerve to turn your back to the mat but here is where it must be done. If your right leg is held dive forward and land on your right shoulder as shown in picture B. Your left leg is in good position to kick your opponent away and then get to your feet. Give a kick and then land something like picture C. Then as quick as a flash turn anyway to face your opponent and take a body hold or any other hold to get to your feet and away from him then come back and get him to the mat.

In the picture marked D we have a condition that comes up often and most College and High School men don't know what to do. If you can ever get hold of a leg and your opponent is about to turn and face you maybe getting hold of your body and legs then it is time for you to reach across his face and take the further arm and then with pressure from your body or legs or both using your weight the best you can pry his head back and away from you to break him down and then go behind.

A
B
C
D

GROUP 6, ESCAPES.

In picture A we have a good study. The man on top is wrestling too far to the front so that the man on the bottom slips his left leg back and over his opponent's right. Reach across and put your left elbow over your opponents left knee and to the left side and pull opponents legs together and then fall over backward and on top of him. Never reach your left hand in the crook of his left leg because if he completes his neck pry or further half nelson you are beaten and can't help it so read the sentence about the elbow twice or try it with your arm where it wouldn't be and be convinced.

How many times have you seen a man putting on a scissor and wondered what the bottom man should have done. This may not always work but where wrestlers are used to bridging or getting nearly flat and then getting out it will always work. When you are under your opponent and he places a leg over for a scissor reach back with the opposite hand and take his foot in your hand. Drop your head and shoulder to the mat and pull his leg forward and upward. The reason for getting to the mat with the opposite side is to keep him from putting on a complete scissor. You will be as shown in picture B. Don't let your left arm get as high as shown in the picture or he may put on a wrist lock combination and give you trouble. Turn on your back as shown in picture C and make bridge and continue the turn as shown in C and then with a mighty burst of speed come out as shown in the fourth cut marked D. This puts you on top and behind the advantage you had been working for.

A
B
C
D

GROUP 7, ESCAPES.

In this group we are starting one of the most important series ever known and one that has done more to revolutionize wrestling than any other single hold. I refer to the double wrist lock. In this series I will tell how to get and how to protect yourself against the double wrist lock from the position. The wrist lock as shown here is barred from standing except in A. A. U. wrestling here it is permitted with restrictions. Study the picture and proceed as follows: grab opponent's right wrist in your left hand, reach back and over his elbow with your right and then reach under his forearm and grab your own left wrist with your right, keep his arm slightly bent and put the pressure on as shown in cut B. In cut B we show one thing your opponent might do and that is grab his two hands together, in cut C he is shown grabbing your left arm with his left. If you cannot break your opponent's hands apart you cannot complete the hold. To break the hands apart press downward along your leg until his grasp breaks and then finish the hold. If he has your arm it is more difficult but can be done sometimes as follows: Throw your buttocks into his abdoman as hard as you can and at the same time thrust your arms as far forward as possible and when his grasp breaks proceed with the hold.

We are now in position B or C and quickly proceed to position D. At this stage of the proceedure do a high bridge and roll your opponent over on his back and in under you at the same time kicking your leg free and spread out across his chest holding the arm in the lock and trying for a fall. If he should get on top hold the arm and put on another wrist lock and keep trying. You will see the hold further developed on the next page.

A
B
C
D

GROUP 8, ESCAPES.

In cut A we see a continuation of the double wrist lock as described on the other page. At this position you should get the foot loose and get ready to turn your chest to your opponent's chest and flatten him out. Watch particularly the high bridge to keep your shoulders off the mat. The foreigners always bridge higher than this and we Americans should get to bridging higher than we do for you never can tell we might touch flat and get called down.

In cut B. you see an exceptional break for the double wrist but it is sometimes impossible to put on the break as shown. To sucessfully put on this counter you have to shift your body to the left and in position shown and this cannot be done if your opponent hooks his leg before he starts the double wrist lock. You will find that if you get into the position shown that he may give you some trouble but grab the skin on your abdoman with your right hand and this will sometimes save you.

If you cannot successfully counter him then come around in front as shown in cut C and hold the wrist lock on him instead on his holding it on you. All through these holds and counters put all your weight on him to tire him out and use your balance to all your advantage.

In the fourth hold shown it is merely a continuation of an escape hold the start of which is shown in group 3 picture A Chapter "How to throw to the mat". The man has started to sit up like is shown in cut D. Group 2 "Escapes". Reach over his shoulder with your chin and then exert pressure to lay him flat on his back. He cannot escape and must roll over to keep from being thrown as will always turn face down and then you can get back on top.

A
B
C
D

GROUP 9, ESCAPES.

In Ameateur wrestling there is an increasing need for methods of getting out of poor positions and turning on your opponent. One of the greatest needs is a break for the half nelson and its variations so in this page some good positions will be shown. The leverage and position of your body and legs are vitally important If a man is getting a half nelson he is getting ready to pry you so you will roll over on your back. To offset his pry make the legs perpendicular to the body and when he tries to roll you the weight of the legs will keep you from turning. This is your first protection The second thing to remember is to always parallel your opponent. I mean that if he is not permitted to get to one side and push he will not have the power. Keep him parallel with you and he has no leverage to turn you. Then scissor the leg as shown in cut A and keep the legs and your body at right angles to each other to get the advantage of leverage andkeeping your opponent parallel. The man on top can maintain his advantage if allowed to spread out and brace himself. You have the leg scissored so in order to roll him off must destroy one of his arms and always the same one corresponding to the leg. If you scissor his right leg then tie up his right arm and let the left alone. Then do the sit up as shown in cut B and continue to turn to the left. Most wrestlers will take a body hold with their right when they get into the above position and your weight laying on the arm will tie up the arm. When you reach the point shown in cut C the tables have been reversed and you have a half nelson and a crotch hold on your opponent who just before had a half nelson on you. Kick your leg loose and throw them to one side so he cannot scissor either get your body perpendicular to his so you will have the greatest leverage and proceed with caution. Half nelsons are no good unless used with some hold to stop the under man from turning on over when his back hits the mat.

In the last picture you have a variation of attack and what might be done when yo ucome out from under and then take some hold on your opponent. In cut C. is shown the under man coming out from under and then taking a crotch and half nelson to pin his opponent. He may not be able to get just this variation so we are showing a half nelson and further arm hold to turn opponent over and there to take the crotch or some other variation to pin with. The breaks for the half nelson given in the three top pictures are a mighty good defence for any man to know. Most of the falls in Amateur Wrestling are gained with this one hold so it is well to study all variations from the top and bottom position and then to practice each part until you are throughly familar with them.

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GROUP 10, ESCAPES.

In all kinds of wrestling you are called upon to solve the different problems that come up. In this book many problems are discussed and then an attempt is made to solve them. Here is a problem that comes up every once in a while and if it not coming so the under man could work into the position and then come out if he wished. The type of man to use this come out is one who is strong and who can do a good bridge. Suppose it happens that you for some reason or another are under your opponent nearly pinned and have the holds as shown in the top picture. If this condition exists then solve the problem. Put your right foot to the side and at the same time do a high bridge. Grab your opponent around the chest under his arms and slide him off your body over your head. His being so far over your head limits his action and will pull him to one side and nearly under you. Be ready for one thing and that is he may try to jump over you and take a front body scissor. If he suceeds you will be beaten nearly every time so keep your right leg ready to throw up so he cannot jump across. You can see what happens by studying the three pictures the third shows you on top and how the hold works. I can't emphasize too much the need for a good strong bridge You should not feel at a loss if you are on your back but should know at least twenty things to do and then with all control bridge or anything else and escape.

In the last picture, the one marked D, is shown the wing and kick escape. This picture has been discussed but it being so important I put in another veiw. In this picture the under man was winged with his left and kicked with his right in the crotch of his opponent. The top man will be thrown off to one side and before he recovers the under man will escape his hold and either get free or get on top. This one escape is worth one week's practice for it is a good one.

A
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C
D

GROUP 11, ESCAPES.

In the first picture shown and marked A we show a method of escaping from a man who tries some kind of a hold and gets too far forward and along your side. The man under watches very carefully and when his opponent, who is on top, comes up along side he slips his left knee backward and gets it back of his opponent's right. The man on top is evidently trying for an arm scissor and further nelson so his next thought is to get his arm free of his opponents knee. As soon as you have the inside leg and arm free back out from under and you will come on top and the riding position as shown in cut B. Along with this escape we should tell of the hold from which we are escaping. In nearly all wrestling texts they show the arm scissor and further nelson. This is gotten by taking a further nelson and slipping the knee under the other arm and then taking a scissor on the near arm and forcing the further half nelson and turning the opponent over on his back and then lock his arms behind for a pin. This is all well if carried out to the letter but fails so often that it is not worth anything as an offensive hold. If anyone tries this hold on you do as instructed above and you can escape nearly every time. There is not one man in one hundred who can apply a further nelson and arm scissor and make it work.

In the third picture you see a man spinning out of a further nelson eventually to escape or come on top of his opponent. Before he could spin he had to get his inside arm and leg free. What would happen in the case when the man applying the hold would throw his right leg across the face of the man spinning out. This would complicate things to be sure. When you spin out use it as a last resort.

In the picture marked D. you have a study worth while and if you don't get some good imformation out of this it is your own fault. The cry is use your legs and in this case that is the thing that is being done. You are under the bottom and have tried to break your opponent's holds and have no success. Then your opponent comes along side and you see that he is flattened out and his hips are low to the mat then shift your legs across his middle and the weight of your body will put you on top and behind. This is one of the best escapes known if learned to perfection and applied at the right time. All the sucess you have will depend on your judgment of the things you should do. Then I say that knowledge is seventy five percent of it.

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GROUP 12, ESCAPES.

After experimenting for five years on the cross scissor ride we have found only two methods of breaking the hold and then these will not work as they ought to. The first three pictures show one method of breaking the cross scissor ride. I will do my best to explain what I think the best method known to day. If you want to escape from the cross scissor ride do not turn on your back or spend your strength thrashing about the mat. First set about the shake the foot loose and to work your opponent forward. Get on your hands and knees or feet and with a quick sideward throw of the hips throw your opponent off your hip. Continue the movement by backing out a little and he will start to fall off your head. Reach through with your arm and take a hold around his body or his leg. In the picture it shows taking the leg but this will not be the case and it will be the body about half the time. If it is the leg proceed as shown in picture C and you are on top and behind. If it is a body hold the problem will be different for you will have a double body hold and be between his legs. His back will be toward the mat with the advantage on your side. Hang on to the double body hold stay between his legs and try for a fall by getting any hold that opens up and let him do the worrying and when he tries to turn over on his face keep the leg hold or between the legs watching that he does not do a Japanese leg trip and arm lock with you.

In the picture marked D you are shown another method of breaking the cross scissor ride. The man on top had his head over his opponent's left shoulder. The under man plunged to the mat on top hit the mat with his head and skidded loose the man under gives a hard kick and turns and comes on top.

Another method is the diving roll. Dive forward striking your opponent's head on the mat and at the same time try to kick him high in the air this will lossen his leg from yours and will sometimes get him loose. Try this variation from picture D. Lie down as shown and then kick your right leg so high he loses his balance and you can get loose and get on top.

One thing about the cross scissor ride to remember is not to bore your elbow into you opponent's ear for you will give him cauliflower ear and skin him up in general. Five years ago we used this hold and discontinued and then took it up again last season I consider it a great hold to use to wear an opponent so you can beat him with a fall. You can work about ten scissor and arm combinations with the cross scissor ride.

GROUP 13, ESCAPES.

In this last group on escapes I will give you one from what I call the highest degree of wrestling. In five years from now you will have many new holds and escapes. Notice the trend of the times and see if you use your feet and legs as much as you should. For every known hold at Oklahoma A. & M. College there is a foot and leg combination. Very few people know the anatomy of the leg and the joints and working of them are like Greek. Study the anatomy of the leg see how the hip joints locks and determine the clever easy way to accomplish certain things. This is a hold that I did nt intend to show to any person as I considered it too good but in trying to make this the best book ever written I put it in with the rest of them.

When underneath work your right lower leg so that you can hook your leg over your opponent's. You then hook the toe and wait for a chance to sit back on your left hip as shown in the first picture remembering to keep the right arm free and ready for action. Grab the instep of the foot as shown and with a quick turn pivot on your right leg and turn on top as shown in the third picture. If I had known three tricks as good as this one twelve years ago I would have thought I had it all. There are hundreds of them but most of them haven't been discovered. As a suggestion bend your legs about and see just where your joints lock and what pries you can get then set about inventing a new leg combination. Every wrestler can do this if he will try.

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CHAPTER XIV
GROUP 1, OFFENSIVE.

After you have learned how to get opponent to the mat by going behind and then throwing him to the mat and after you have learned how to ride him when you have him down and know what to do if he gets you to the mat then, it is time to learn what to do when you are wrestling on top and want to get your opponent on his back for a fall.

The leading hold to turn a man over and one used for many years is the half nelson. The half nelson is a good hold to turn a man with but is no good to pin a man with if you do not have some method of keeping him from turning on over to the other side. In all half nelson combinations it is necessary to have some hold, usually called a stop hold. The best combination to work with the half nelson is the bar-arm. To get this combination get an arm back first and then get the bar as shown in picture A. This is the hold with the left arm. As soon as you get the bar arm then shift your body to the other side and get the half nelson if you can and with about the leverage shown. Put all your weight on your man and with your right shoulder under his arm pit use all your force to pry him over as shown in cut B. The great fault with most men working from the top they try to hurry to the hold and find that they are too far over and are very easily rolled on over and under. I say go slow after you reach the point shown in cut B. Try to stop your man just before his shoulders hit the mat and then hold him until he gives down.

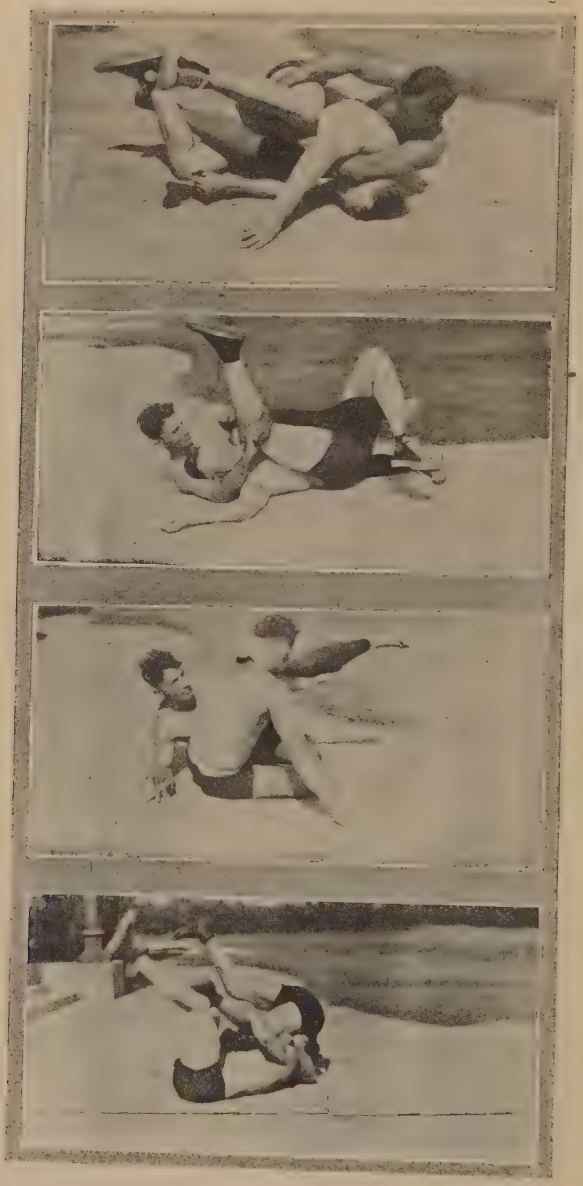
In cut C you see the under man doing two things to prevent his opponent from turning him over on his back. He has worked his under arm loose and is using both arms as pries to make the top man work against himself. Notice his legs. He is trying to get his legs parallel to his opponents so the weight of his legs will be hard to raise and in this way put up a good defense. He may scissor his opponent's right leg and gain another mechanical leverage and prevent his opponent from turning him.

In the last picture you see a combination of arms and legs trying to prevent the top man from turning him over. It is always well to study the defense with each hold so you will know both sides of the argument. You never can tell when you may be the under man and you want to know the best natural position to get into. Often a little thing like where to put your legs will save you. If you know all the best combinations then you will naturally put up a hard fight without much physical effort. It is the getting out of position that causes you to extend yourself when you are really not in a dangerous position. Don't let any body have a bar arm and half nelson on you for it will take lots of energy to break the hold. It is easier to keep out of than it is to break after your opponent has it on you.

GROUP 2, OFFENSIVE.

There are many combinations of half nelsons with other holds nearly every turning hold has the same leverage. Here we are showing what is called a further arm and crotch or further leg. From the behind position reach through and take the further arm then shift quickly and take a crotch or further leg from in front of the near thigh. Lift up on the leg and crotch and pull and press down on the arm rolling your opponent on his back. Slip the one arm well up in his crotch and put your arm over the back of his head eventually getting into the half nelson position and pin him. All of these positions are shown in cuts A, B, and C. In the picture at the bottom of the page is shown a method of breaking the half nelson. This is done by reaching up with the near hand and pull the fingers and hand off the back of your head and neck. It can be done with the other hand if you wish and is equally effective.

Other combinations that may be used are the half nelson and further arm, half nelson and further leg. They all have the same leverage effect and are not much different from any other combination that has in it the half nelson or further arm hold.

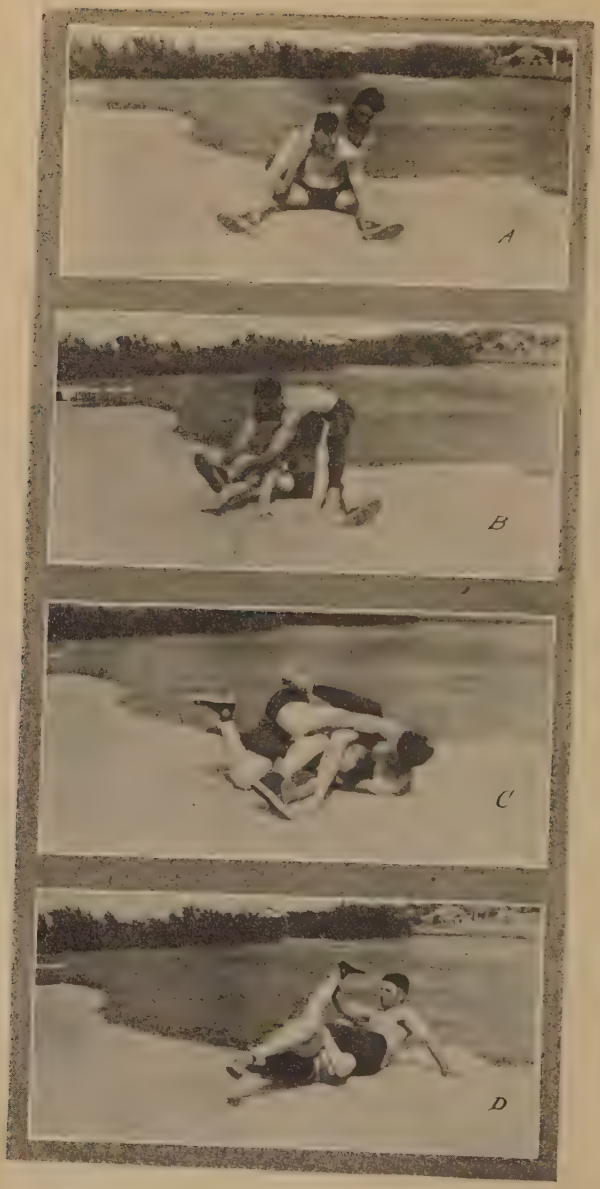


GROUP 3, OFFENSIVE.

In the two upper pictures you see the development of a very good pin hold and not so dangerous as its first seems. You can name this position anything you wish. Nothing has ever been published on these varitations. From the cross scissor ride with your left leg sticking back between your opponents and with the toe hooked over the calf reach back with your left arm as shown and your right pulling up your opponents leg. He will feel that since you are under him he is in no danger. Force the leg upward toward his chest and lock his head and leg together tighten the hook of your toe on his shin and your grip on his head and leg and pin him. This is a split crotch hold some varieties are barred but this one is legal for amateur matches.

The third picture shows a variation of the switch where the man on the under side shifts to the top position. When a man on top of you reaches under your arm ready for a half nelson or some other hold reach backward quickly and take his leg and at the same time pinning your opponent arm under yours. By forcing his elbow inward you get his arm in a cramped position and he has no resistance. Lift the leg to the side and upward and turn and come on top.

The fourth picture is not very clear but was attempted to show how to throw a man over your head after he has gotten your legs. The man who is on his back and who is nearest you had gotten his opponents legs and was about to get him down. The opponent took a hold around the body with his left and around with right and fell backward and at the same time took his right foot and kicked him clear over and on his back. This is a good thing to do and it will work most of the time. It is another reason for learning to use your legs for they will get you out of more places than your arm.


A
B
C
D

GROUP 4, OFFENSIVE.

This entire page is given to explaining the split crotch variation sometimes called the "Banana Split". This is the name given by my boys after they used it a year in their matches. There are several ways to get the split but the best is when your opponent sits up to risist you or to break away and stand. Put all your weight on your opponent's back taking care he doesn't get your head and spin out. Reach over and take the leg as far down as possible. At the same time step your left foot inside of your opponent's left leg. When you lift the leg fall backward and slip your left toe to lock and hold your opponent's left leg this also keeps him from slipping his head out from between your legs which is necessary for a pin hold. All these positions are shown in A, B. and C. As you go from C. to D. slip your right leg inside the right thigh and along the right side of the neck and stretch out your opponent. His shoulders will be pinned and he can't even wiggle. If everything fails hold the foot and come out on top and behind and start another drive for the hold you started to get.

Another way to get this hold and another variety is when you have your opponent on the mat in the regular hands and knees position. Say you are working from the right side then step your right leg over his right shoulder for him to grab. At the same time reach over his left side and take hold of the left leg and pull it forward falling so you will turn to the left. Your opponent will be on his right shoulder and you will have his left leg pulled up like shown in the pictures. Then put your left leg over his left shoulder and his head will be held between your thighs pull the leg up until his knee is along side of his head and his shoulder will be flat and he will not be able to make much resistance to being pinned.

A
B
C
D

GROUP 5, OFFENSIVE.

About twenty years ago the head scissor made its first appearance. It became popular because it was a killer and rendered your opponent partially unconscious. In this variation I have perfected a series that not only is effective but safe and if it fails you land on top and ready to go again. To get the head scissor get the arm back as shown and take a rear crotch hold putting all your weight about where your left shoulder hits your opponent's back. Pull forward hard with the right hand and to the left with your left. I mean put all your force to pull to the place where the leg of the table has been destroyed. Keep up this tactics until your opponent is streched out. As soon as he is streched out change your right hand from a rear crotch to a double lock on his wrist as shown in cut B. Continue the pressure on his back and jump your left knee to the right side of his head and give him a quick jerk upward this will throw his head between your legs and then clamp on the scissor. If you fail in any part of the above proceedure jump back to your original position and go behind then start over and go as far as you can. If you cannot beat a man with this combination he will be so tired that he can usually be beaten with most any hold that you wish to put on him .

Sometimes when you reach position B put your left knee on his arm about two inches above the elbow to hold and weaken the arm by tiring it. It will also cut off the blood and deaden the nerves making the arm helpless. One great trouble with the head scissor if it is applied in a brutal manner it will nearly always render your opponent unconscious. When the knees are clamped over the temporal artery terrible dizziness and headaches follow. We are not using the head scissor much today although it is a winner. The lesson to learn is never allow an opponent to stretch you out and always keep your buttocks up off the mat so you can bend enough to back your head out of the scissor.

A
B
C
D

GROUP 6, OFFENSIVE.

In cut A we have a man taking a further arm and head scissor and in cut B the hold is completed. The proper way to take this hold is to reach through with your left arm and grab opponent's arm just above the elbow. Press on his back with your chin with all your weight and when he gives down slightly on his right shoulder reach through very quickly with your right to help your left hold the arm and pull it to you. With all your weight on him force his right shoulder to the mat and start to turn him slightly. He will be able to resist you until you step over his neck and block his head from slipping across the mat. Fall over and clamp the scissor as you go catching his other arm in the scissor. One arm is pulled across his chest and the other one is held in the scissor with his head and neck. He cannot break the hold and his only chance is to work into a strangle and have the hold broken. In all probability your opponent will break two or three of these holds by mere strength. After he breaks two or three he is ready for the fall as his strength is gone and his desire to participate has partially left him. I consider this one of the toughest propositions you have to contend with. The best break for a hold of this kind is not to let it get this far. It is easier to extend yourself to keep out than to get out after you are in.

In the picture you have another veiw of the half nelson the greatest pin hold known and the only one that always works. The man under is showing the proper defense position by reaching under opponent's side with his right and keeping himself in an L shape so he can better resist the turning moment. Also the man under is keeping his opponent parallel to him and not letting him get out to the side perpendicular to him.

The bottom picture is a duplicate showing how to break the half nelson by pulling off opponent's hand with yours using the same from the side of the nelson. You may use the opposite hand if you wish.

A
B
C
D

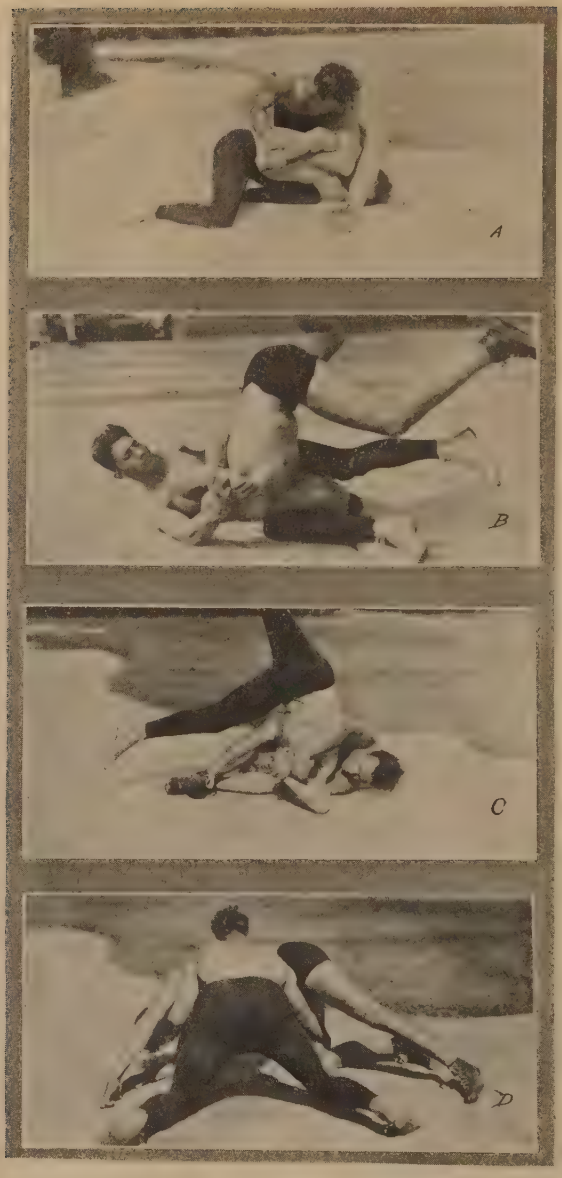
GROUP 7, OFFENSIVE.

In the first picture marked A you see a hold rarely used but a come out of real value. The man on the bottom has decided to come on top by doing the following. Work your leg nearest your opponents back and put it over that of your opponent's. As soon as you get this far reach across your opponent's legs and put your left elbow over your opponent's left knee as shown. Gradually work your opponent's knee together until his base is partially destroyed When his knees are clamped together he will fall over on his left hip. All you have to do is to shift your legs and body across on top of his legs and body and you have come out from under and are on top getting an advantage.

In our rides we show the cross scissor ride. This I consider the best all purpose ride known. It wears down an opponent and is really a wonderful offensive position. In cut B the man has the cross scissor ride and instead of working on the head and neck as is usally done he is getting in position for a split crotch or some other variety. He watches very alert and when his opponent raises his left hand and arm forward he slips his left arm under and takes a reverse half nelson. He then drops over on his side and applies the hold as is cut C. I doubt seriously if very many coaches ever advocate the use of this trick but it is a good one and nearly a sure winner. If you do not pin you opponent you can hold him indefinitely. The best thing if you have to hold on long is to throw over your right leg and put on the hook scissor or the figure of four as it is called. Notice in cut C the man is raising his leg to prevent the man on top applying a hook scissor. Try these positions out without much hard pulling and when you have learned about them then apply with more force. Always be very careful not to apply the hold too hard as your opponent's ribs and side may be pulled or twisted apart.

In the bottom and last picture you have a hold called the sit back. The reason for the same being that the hold is gotten by taking certain positions and then sitting back as shown by the man in front.

Start standing and take your right arm under that of your opponent's and your left on his arm as shown in the cut. Make sure that your hold will not slip and then step across in front of his right leg as shown and at the same time sit down quickly with your left hip on your opponents left foot. The hold then is just a question of sitting back and allowing your opponent to fall across your legs and body to the floor. You will have a hold on him that will pull him under you. This is not a pin hold so some other variety of hold must be taken after both hit the mat.


A
B
C
D

GROUP 8, OFFENSIVE.

The first three pictures show the evolution of the hold known as the double wrist lock and the head scissor. This is only one variation but the best one I know for the combination. You are behind your opponent and have your right knee in between his legs Reach across and take a double wrist lock on his opposite arm. Step out and arcoss his head with your left leg as shown in cut A and fall over on your left hip. This part of the offensive move will turn him over and then as he rolls clamp on the head and arm scissor. Since you have his head and arm locked he will not have any method of prying the legs apart and breaking the hold. In all my teaching I advocate the turning the arms loose and taking some other position a little more safe. From the original hold if it is broken it nearly always throws you under. Turn loose of the wrist lock and use your leg strength to clamp his and keep him nearly on his back. Take a body hold with your arms if he slips you can nearly always get behind. It is desirable to use only variations that will enable you to finish up behind your opponent after a hold break. Study picture B and when your opponent gets this far turn loose of the double wrist lock and take your left hand around his body putting it around from the side your left leg is on. Your right should be kept free to put to the mat to give you a large base. If any thing slips take a crotch hold with your right hand and arm and you are safe enough that you can go behind if you wish.

In the last picture marked D we are showing another variety of the half nelson and it in combination with a further leg hold. Take a problem of a man you cannot turn over with a regular half nelson and you desire to work something that will do the trick. First take a half nelson getting it set as you want it and the shift quickly to his side and take a crotch or further leg as shown. Don't try to force the nelson at all but raise his rear end and legs over and turn him on his back. The best method of getting this hold but quite complicated is as follows: Take a hold on your opponent's left ankle he will straighten out his leg to break the hold and when he does get the further leg and pry over on his right hip, then take the nelson and complete the hold as in any other variation. You will find that this is what is usually called a catch hold one gotten from flying or quickly moving positions. Some of the best coaches use these leg variations with every nelson position to a great advantage. This one hold opens up the inside and outside leg combinations I consider this field only scratched and within three years we will have about twenty combinations ready inside and outside leg tricks. These holds are being tried out and work but will not be given out for publication because they have not been tested enough.

A
B
C
D

GROUP 9, OFFENSIVE.

In picture A you see the top man who originally had a body scissor trying to pin his opponent with a half nelson. The body scissor is not as good a hold as it used to be because if you take a body scissor and your opponent takes a scissor on your legs in front of him then both scissors must be broken and the man who orginally had the first scissor placed behind in the down position and the man who had the scissor on his feet is placed on all fours on the bottom. In the A. A. U. Rules no scissor is permitted on head or body. To get the hold as shown take a hold around your opponent's body with both arms and knock forward and at the same time take your scissor making sure that you get one leg in its place at a time and don't try to take the scissor with both legs at once. Stretch out hard and get your opponent to the mat flattened out face down with wour weight well over his chest. Grab his left elbow with your right hand and pull up and across. Be very careful with this hold as more men are injured with this one than all others When the arm is gotten over his head reach through and apply your half nelson. Then turn him over slowly and allow his body to turn in your scissor until he gets into position shown in cut B where he is to be pinned and the scissor clamped on as tight as is necessary. I want to warn you again that there is a limit to the height an arm can be pulled across and plead with you to be careful and lose a match rather than injure an opponent.

In some bouts you have a hard time doing anything with your opponent when he is under you as shown in cut C. It seems impossible to get him off his balance to apply and hold. The pictures shown in cut C and D are a way of getting him off his balance so that some kind of hold may be applied. Reach forward and grab his hand as shown or hook your left arm at the elbow and at the same time give him as hard a heave forward as possible. The entire weight of your body and the heave you give him puts all the pressure on one arm and it usually breaks down the strain. You can shift grab some other hold and apply something on him.

A
B
C
D

GROUP 10, OFFENSIVE.

In the first picture you see a pin hold which is a reverse wrist lock and an arm scissor which when applied usually brings a fall. To get this combination it is better to get the arm scissor and then reach over and take the arm hold or any other you may want. If you have any hold trip or lock that turns the man on his back, the instant he rolls over grab the near arm and put it in the scissor as shown. Then reach across with your left and grab his wrist and straighten out the arm or pull it over his head as shown. Then reach under with your right and complete the double reverse wrist lock as shown.

In the second picture marked B is shown the arm scissor hold. Called short arm scissor because of the method of application to a bent arm. To get this hold it is better to be in front either head to head on just on top of your opponent in head to head position. Hook your right arm in his bent arm and throw your right leg over bending his arm over yours. Sit up and grab your left arm at near the elbow and at the same time grab him about over the liver with your left hand. Take a scissor locking the legs together by hooking the right toe over the left leg at near the knee and sit back and force his shoulders to the mat. There seems to be only one method of breaking this hold and that is by doing a back roll which will turn your opponent in such a way that he will be under you. Let your practice partner have the hold and try to break it by turning a back roll and see where you both land.

In picture C is shown what to do if a man is turning out from under you like is sometimes done after breaking a half nelson. The man on top is keeping his left elbow so close to his opponent's body that the under man cannot get his left arm out and continue the turn toward you. I mean the under man is rolling from the back to the front of the picture.

In cut D is shown a method of pinning a man that will suprise some of the best wrestlers. It is a further half nelson and near leg scissor. Take a further half nelson and then give him a heave with your right leg and throw him forward and he will turn up on his left shoulder. Continue the scissor and press the half nelson to make a twisting hold of very unusual punishing power. It seems that when you get a fellow in a twist and his legs bent up near his head he does not have any leverage or power with which to escape.

A
B
C
D

GROUP 11, OFFENSIVE.

In the first two pictures you have another old hold that I don't rate very high but will show it here for most men are getting into this hold very often. The hold is called an arm scissor and a further nelson. In nearly every wrestling book this is shown near the first as a good hold. To get this hold proceed as follows: Reach through under your opponent's arm with your other forearm prying his head down, have your hands locked together, slip your knee under his body and keep it well in so that the bottom man cannot get his right arm free, pry his head down at the same time step over his right arm with your right and apply an arm scissor and nelson turning him over on his back as shown in cut B, then look out that you pull his arms back under you and roll toward him pinning his arms and shoulders to the mat for a fall. The trouble with the hold is that the under man can escape too easily and then comes on top. The defense for this hold is as follows: If a man who is on top of you takes a further nelson look back and see what he is doing with the near leg and knee, take your left hand and press on his left knee and at the same time pull your right out and put it around his body from behind and simply back out from under him and come on top.

In C. and D you have a variation of heave to turn an opponent so you may apply some kind of a pin hold on him. Reach through with your right arm and hook your fingers of your right hand well over the muscles at his side. Reach forward with your left and pull down hard on his elbow giving him the hardest heave you can. It will have tendency to turn him on his shoulder and give you an opportunity to apply some other hold for a pin. In D you see what has happened after the heave. There are several things that you can do and the best is to reach down quickly with your right and pull his left arm back under you locking the two arms together and then rolling them back under you force his shoulders to the mat for a fall. You may continue the hold and pry him down so hard on his head and neck that his shoulder will go to the mat as shown in the last picture. This is a hard way to get a fall and will usually result in his getting free and sometimes on top of you.

The main thing a hold of this kind is to accomplish is to get your opponent in such a position that you can apply some other hold that gives you more advantage.

Before we conclude offensive wrestling it is well to look over what we have done and add a little here and there to fill out your list of holds. We studied the methods of getting behind while standing and gave about thirty pages to that division. This one class of holds is very important in Amateur Wrestling because it is so hard to get behind an opponent and to get him to the mat. In the chapter "How To Throw To The Mat" there was shown several methods of throwing a man to the mat when he stands and you are behind him. This chapter is very important because many wrestlers tug and pull using much energy and cannot get their opponent to the mat and off his feet. The next in importance came the ways to ride a man when he is down on all fours. This branch of wrestling is very important because a man who is under will escape from you unless you know a number of rides and things to do to counter his holds when he tries to get you off his back. The chapter and groups on escapes is vitally important. If you got under, and all wrestlers do some times, you are beaten unless you know many methods of escape. Try one and if it does not work try another and another until finally one of them gets you out from under. If you fail to get out from under then get to your feet and try some stunts not shown in the book and do anything that you can to get him loose. After you have learned the first four chapters then the few things left to do are classed in this text as offensive wrestling. It is a fact that every move that you have made to attack the other fellow is offensive.

You should know about five or six methods of pinning to the mat. I shall try to describe a few that may be used and the ones I consider the best. The best method of pinning is with the bar arm and half nelson. This hold was shown in cut A and B Group 1 Offensive. The half nelson puts your opponent over on his shoulders and the bar arm checks him, so he cannot continue to roll and escape. When this hold is applied with all your weight well over your opponent's upper chest and the body is kept perpendicular to your opponent's body and you squeeze your oppnent with all your strength this is really a hard hold to break.

The second best pin hold is the half nelson and crotch. When you have a half nelson on your oppoent and you roll him over there must be some way to stop him or he will continue to roll and finish up face down like he started. When he rolls over run your arm in his crotch to keep him from turning and then apply all pressure you have to pull his entire weight up on his shoulders and neck and he will not be strong enough to resist the force.

The one used and of about third importance is the front body scissor and head and arm hold. This is a sure winner but hard to

get and is what I term a catch hold. It is one that you must get quickly and only once in every few matches do you have an opportuity to get it at all. If you are astride your opponent and you roll him with any hold merely let him roll in the scissor and when he comes over on his back he will pull his legs under him to help his bridge. Grab one arm and his head together and at the same time clamp on a body scissor and stretch him out. You will have to shift your weight from side to side to keep him from rolling but usually two or three shifts are all that he will make. I consider this the most dangerous and hardest to break of all the pin holds.

Another pin hold is the one explained elsewhere in the last chapter. Described as the Reverse double wrist lock and arm scissor. This is nearly always gotten from a head lock and arm drag. You then put on the arm scissor and then take the reverse double lock.

We must not leave out the reverse half nelson and crotch. Instead of prying from the near side with the arm reach and take the half nelson from the far side toward you get the crotch when he rolls over and pin him.

There is a hold that if it isn't a pin hold it will render your opponent too weak to resist any further attack and one we use a great deal to pin with. The hold is called the bar arm and head scissor the complete series is shown in group 5 the last chapter. In applying the scissor it is well to study the blood supply and apply the pressure over the temporal artery. If the hold is applied over the templs with the bones of the knee joints to apply the pressure it will render your opponent in a helpless state in less than five minutes. Many times I have seen a wrestler rendered unconscious The A. A. U. has barred the scissor on body or head for this reason.

One of the newest pin holds developed is the cross scissor ride and reverse half nelson this hold is shown elsewhere in this book and is a sure winner if ever gotten. It is mighty hard to get unless you are really very clever and your opponent has not seen the variation. It won several bouts last year for the Oklahoma A. & M. College.

The half nelson and further arm is a winner but unless practiced a great deal will not hold your opponent as well as some of the others. . The way for every wrestler to learn which one he can use the best.

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